

**REQUEST TO BE INCLUDED IN ROCHESTER FIGURE SKATING CLUB
INDEPENDENT PROVIDER HIGH SCHOOL LETTERING PROGRAM**

I, _____, would like to participate in the Rochester Figure Skating Club (RFSC) Independent Provider High School Lettering Program for the 2023-2024 school year.

1. As of September 2023, I will be enrolled in grade _____ at _____, Rochester, MN. If in grade 7 or 8, the high school I will receive a letter from _____.

2. I am a current member of the USFS and a member in good standing of the RFSC. **YES** or **NO**

3. I train under the supervision of an approved RFSC professional: **Coach** _____

4. I understand that I must train a minimum of **150** hours on RFSC contract ice, of which **10** may be off-ice, between June 12, 2023 and May 24, 2024. I understand that these hours are calculated by the RFSC professional staff, who will forward this information to the Lettering Coordinator.

5. I agree to participate in at least three (3) public performances between June 12, 2023 and May 24, 2024. The performances will include: A) a USFS sanctioned competition (in the area I am applying to letter in, i.e. FS, Dance, Synchro, Theatrical); B) the RFSC annual Ice Show; and C) a performance of my choice. Note: Singles/Free Skate events have "Singles/Free Skate" in the title and do not include compulsory, jumps, skating skills, spins, or artistic.

6. I understand that a public performance is defined as a USFS or ISI sanctioned competition, Ice Show or skating exhibition and that my third public performance may be any one of these. Exhibitions may include, but are not limited to: performances between periods of a hockey game, Holiday Exhibition, Ice Show tryouts, additional competitions, RFSC Exhibitions, etc. For Synchro, the third performance must be another Team event. If I choose the option to skate between periods at a hockey game, then I understand that I must wear apparel approved by my RFSC professional.

7. I understand that I am responsible for submitting a copy of test papers to the Lettering Coordinator.

8. I understand that I am responsible for submitting a copy of my Competition results sheet to the Lettering Coordinator.

9. I agree to abide by the code of conduct of my High School and the MSHSL.

10. I agree to perform **5** volunteer hours **for the RFSC**.

Requirements:

MIF: ALL skaters must have passed the Pre-Silver Skating Skills (formerly Intermediate MIF) test by May 24, 2024. Please select one option:

- I have passed my Pre-Silver Skating Skills test
- I understand that I must pass my Pre-Silver Skating Skills test by May 24, 2024

In addition to the Pre-Silver Skating Skills requirement, ALL skaters must have achieved at least one of the following levels by May 24, 2024 (please select):

- Pre-Silver Singles (formerly Intermediate FreeSkate) test
- Pre-Silver Dance, complete
 - Solo
 - Partnered
- Silver Solo Free Dance (formerly Novice Solo Free Dance)
- Pre-Silver Pairs (formerly Intermediate Pairs)
- Synchro Team: Open Juvenile Team or above, *and* must have been on a Rhythm and Blades Team in a previous year *and* an active member throughout 2023/2024.
- Theatrical Skating: Bronze Singles (formerly Juvenile level FreeSkate) test or above required. Must compete and place in the top 4, at least one contested or noncontested non-qualifying Showcase skating event in Pre-Silver (formerly Intermediate) level or above in an individual event category (Interpretive is excluded). Note: While the skater must place at a qualifying level for National Showcase, it is not required to compete at National Showcase.

Post-Lettering Annual Testing Requirements:

- After achieving a Letter in a previous year (therefore meeting the initial minimum testing requirements) skaters must continue to test in subsequent years at least once during the contract year, at one level higher to continue obtaining additional Letters. The exception is that skaters who have attained Gold Singles (formerly Senior FS), Gold Skating Skills (formerly Senior MIF), or Gold Dance are exempt from having to test as part of this annual requirement

This program is under the control and supervision of RFSC. I agree to direct all questions relating to this program to the Lettering Coordinator. I understand that all fees and expenses relating to this program are my responsibility.

I have read and understand the above provisions. _____
Skater Date

I have read and understand the above provisions. _____
Parent Date

I have read and understand the above provisions. _____
Coach Date