



Synchronized Skating Manual

2011-2012

**Rhythm & Blades
Synchronized Skating Team
Rochester Figure Skating Club**

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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 Peschges, and assistant coach (s). 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. We cannot always offer medals, but we are trying to teach the skaters life skills and good character traits such as: Mental toughness, how to win and lose with class, how to learn from mistakes, courage, dedication, to take responsibility to strive for their own personal improvement, to work towards team goals, to have respect for others and themselves, to be trustworthy, fair, loyal, and most importantly to have fun. Thanks for making the commitment to be part of Rhythm & Blades!

Sincerely, Vikki Dalquist
RFSC Director of Synchronized Skating
(507) 287-0971 sdalquist@charter.net

Important basic information:

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

Call or email the coach or a team manager when you will miss a practice. If this occurs at the last minute please call the RFSC office and ask them to relay the message. If it is impossible for you to cancel ahead of time, please make sure to notify us why the miss occurred.

Skating requirements: All team skaters are expected to continually advance their individual skating skills. Beginner team skaters must skate a minimum additional 1 hour a week; Intermediate team 2 hours; and all other teams 1.5 hours. These sessions can be freeskate, dance, MIF, power or competitive edge.

QUESTIONS & CONCERNS: If you have questions, concerns, or problems please address them to your team managers first and ASAP. If there is a question they can't answer they will call the coach, or ask you to call them. We don't want small problems to become big issues. The managers and coaches communicate mostly through E-mail, and occasionally notes sent home or phone calls. This is a team and we need everyone's support to make it work. It is very important for parents to support all team members. Please keep in mind that gossip is dangerous and rumors get started easily. We need a positive environment for everyone to thrive in.

Your team managers are:

ABSENCE POLICY IS AS FOLLOWS (APPLIES TO SCHOOL YEAR, NOT SUMMER):

A skater will be removed from the team if they have More than 10 absences for Intermediate team, 8 for all other teams, excused or not. You must inform the coach or team manager if you are going to be absent. A written note is preferred, but you may also verbally excuse if the coach can write it down right then. Excused absences are school or church functions, legitimate illness, injury. Wednesday evening absences (Intermediate team) due to church activities will count as ½ an absence. Being late or leaving early will result in ½ an absence (unless approved prior to the absence). Unexcused absences will count double. If you must miss a special extra practice it will not count as a regular absence, however, unexcused absences from extra practices will count as an absence. If you miss the last practice before a performance you might not perform that time depending on the needs of the team. Remember that show rehearsal policy applies during show practice weeks. ***If you cannot skate at a practice, but can sit by the boards, you will be counted as being there. 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

1. Skaters are required to show respect to their teammates, coaches, and captains at all times. They are also required to have a good attitude. Any skater who fails at this during practices will be told to leave practice and also leave the building. If a skater fails at this during a competition, they will not compete and will not be allowed to watch the team compete.
2. The rule above also includes making no negative comments on social media such as Facebook, or texting or calling someone and speaking negatively.
3. Team captains are given specific duties. Skaters are not allowed to go behind captain's backs and try to change any decisions the captains have made.
4. Your complete attention at practices will be required. There will be no talking during practices. Hands must be raised for questions or comments unless otherwise instructed by the professional. When the professional is speaking skaters will form a semi-circle and stand with their hands behind their backs.
5. Cell phones are not allowed during practices. Cell phones will be put in silent mode or turned off in the locker room prior to any competition practice, competition, or performance. 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. Managers will gently remind skaters to turn off/silence phone upon entry to locker room.
6. No gum or candy.
7. Dress appropriately – clothing must not restrict movement. No slippery jackets, “hoodies”, baggy sleeves, or jeans. Wear tights 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.
8. Hair must not interfere with holds or your 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.
9. You must keep your 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.
10. Appearance for performances must be neat and clean. No jewelry visible outside the costume including dangling earrings and body jewelry. Hair cannot be colored unnaturally & must be worn as specified by your team.
11. Behavior at performances, and anywhere in public while attending a competition or performance, is expected to be good. Remember that you are representing our club.
12. You are expected to be supportive of your fellow team members no matter how poorly you may think they are performing.
13. Participation in fundraisers is optional. You will only receive credit if you participate.

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 and a demerit of ½ an absence. Continued failure will result in removal from the team.

RHYTHM & BLADES TEAM PRACTICE POLICIES

1. **BE ON TIME.** If at all possible please arrive early so you may warm up off the ice. Being late or leaving early counts as ½ an absence. If the coach is notified ahead of time that you will be late this will not count as an absence. However, it is assumed that this rule will not be abused.
2. **WEAR:** the team practice outfit. Sweatshirts and other warm-up wear may only be worn at the beginning of practice.
3. **NO GROANING.** It doesn't matter if it is the 20th repeat of a section – don't complain.
4. **LEAVE OFF ICE PROBLEMS AND GOSSIP AT THE DOOR** as you step on the ice. If you need to share something there is plenty of time in the locker room before or after practice.
5. **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!
6. **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.
7. **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. If we have to blow a whistle you know you are not listening!
8. **DON'T SAY ANYTHING MEAN ABOUT OTHERS** on our team or any other team.
9. **GIVE THE COACH A WRITTEN NOTE (or email) WHEN YOU KNOW YOU WILL MISS A PRACTICE.** When you must cancel at the last minute call the office and specifically ask them to tell the coach. The coach will expect a written note at the next practice. Otherwise it will be considered an un-excused absence.
10. **ACTIVITY LOGS** will be kept for some teams. Turn them in to the coach, assistant coach, or team captain at the end of each month. We want the whole team to strive to be in good shape so our practices and performances go well.

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 footwork 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 very important. I equate it with something like football: If your son was second string would you decide not to have him 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 very little chance to make this year's team, we would let the parents know this.

Under the 6.0 judging system, 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 (this currently only applies to our Intermediate team), 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 the Beginner, Pre Juvenile, and Open Juvenile divisions 8 to 16 skaters are allowed on a team. In the Juvenile and Intermediate divisions 12-20 skaters are allowed. 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 will 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.

Sincerely, Vikki Dalquist & Kristina Orlova

Parent Responsibilities

Parents are an important part of the Synchronized skating program. You are needed to fill committees, do ice monitoring, and perform other jobs throughout the season. This is not an activity where your sole responsibility is to provide transportation to practice. Below is a list of responsibilities for parents. The duties 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. If something happens last minute please call the RFSC office and leave a message for the coach and follow up with an email to the coach just to make sure they received the message. 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 be made aware of any learning disabilities so they can help your child learn in the best way possible for them.

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. All team costs are divided evenly between the skaters on the team. If your skater should become injured or ill and is unable to skate at a competition you are still required to pay your share of the expenses.

Ice Monitor. An ice monitor sits at the side of practice ice, 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 the keys to the office if you need to retrieve ice packs. Ask in advance where the first aid kits are located. 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 Depending on the team, this position may also be a rotating position so everyone has the opportunity to help out. You will enter the locker room with the skaters before the competition and practice ice and help with last minute touch ups on make-up,

hair etc. The original first round of these items should already be complete, this is just a touch up in case someone smeared the make-up or a hairdo is falling out. You will help tape down the skater's laces. Stay with the team when they go to the ice and until they are returned to the locker room, if someone gets hurt you need to be there to help, the coach stays with the rest of the team. Be the last to leave the locker room making sure things are not left behind and it is in the same shape as when we entered. There should be a bag or container given to you from the manager containing first aid kit, tape, scissors, fish line and needle to sew hair pieces.

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 T-shirts for team and or parents.

Sponsorship: help find sponsors to help with team costs (see page 22)

Banquet: help organize the end of year synchronized banquet

Fund Raising: This varies from team to team, but there are opportunities to reduce your bill. This committee will research which ones the team will participate in. Examples are Poinsettia sales, wrapping paper, Tupperware, Tastefully simple, Candy bars, etc. This requires you to sell something to your relatives or co workers; maybe you don't want to sell but the committee still needs to be in place to provide the option for other skaters.

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 can't answer you they will find the correct answer for you. The coaches are busy with several teams and individuals so they can't be there for everything, therefore managers play an important part of communication.

The role of the Manager It is very 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 making a decision. They will discuss important issues at meetings, but when it comes time for decisions you need to respect what they have done.

Team Goals Each season the coaches decide on goals for the teams. For older skaters this is discussed with them at off- ice practices. Only a very small number of these goals are outcome based goals. For example, taking a certain place at a competition or earning a certain point level. Most of our goals have more to do with improvement and performance. It is important for parents to support these goals without adding pressure.

Be Positive and supportive It is very 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. Enjoy this time and make it a fun family activity.

**GET INVOLVED ---IT'S IMPORTANT TO YOUR CHILD AND
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.

Beginner all levels: 8-16 skaters, majority no test & no higher than Pre

Beginner I: majority under 9, 1.5-2 min program Beginner II: majority 9-11, 1.5-2 min

Beginner III: majority of skaters at least 12, 2-2.5 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 12, no MIF, 2 min program

Juvenile: 12-20 skaters under age 13, Pre MIF, 3 min program

Open-Juvenile: 8-16 skaters majority under 19, Pre-Pre MIF, 2.5 min program

Intermediate: 12-20 skaters under age 18, Pre-Juv MIF, 3.5 min program

Novice: 12-20 skaters under age 16 & up to 4 skaters ages 16 and 17, Juv MIF, 3.5 min program

Junior: 12-16 skaters, 12 yrs or older but under 19, Int MIF, 4 min FS & 2:50 max short

Senior: 16 skaters, 14 yrs or older, Novice MIF, 4.5 min FS & 2:50 max short programs

Open Adult: 8-16 skaters, majority 19 or older, no MIF, 2.5 min program

Judging Systems

The majority of our teams will be judged under the 6.0 judging system. 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.

Intermediate and higher level teams are judged with the International Judging System (or IJS) at qualifying competitions and some non qualifying ones. 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.

All teams have certain required elements they must complete in their programs. The basics are: circles, lines, blocks, wheels, and intersections. Higher level teams are required to add elements, depending on their level, such as moves in isolation, moves in the field, spins, pair elements, and a no hold block.

SKILLS FOR RHYTHM & BLADES BEGINNER TEAM

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 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
- F & B Changes of edge O to I & I to O
- Start working on F & B power pulls and F & B cross strokes

TURNS

- All three turns (F & B, O & I)
- F I & FO Open Mohawks

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
- Waltz jump, 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 & JUVENILE TEAMS

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 Changes of edge O to I & I to O
- 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

JUMPS

- Bunny hops
- Waltz jump, Half Flip, Half Lutz, falling leaf
- Flip, loop, toe loop
- 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, work on layback, Biellmann, and combination 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 Changes of edge O to I & I to O
- F & B power pulls
- F & B cross strokes

URNS

- 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, start 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

JUMPS

- Bunny hops, Waltz jump, Half Flip, Half Lutz – part of footwork
- Flip, loop, split jumps for Moves in Isolation

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 Moves in Isolation work on spins such as Camel, sit, layback, Flying camel, combo spin with 2 changes of position and one change of foot, 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 TEAM

This list includes both skills that are currently in our routine and those we may 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

- 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

TURNS

- 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, work for Biellmann position (group 3 Moves in Isolation)
- F & B lunges
- F & B Shoot-the-Ducks on both feet
- Bauers on I edges & straight, R & L foot lead (group 1 & 2), O edges (group 3)
- Spread Eagles: I (group 2), straight, O (group 3) with R & L lead
- Hydroblades (on BO. edge - group 2, BI – group 3)

JUMPS

- Bunny hops, Half Flips, Half Lutzes, falling leaves
- single jumps
- Split jumps

STOPS

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

SPINS

- F spin with various leg positions, B spin (try both directions), Attitude spin,
 - Camel, sit spin, layback
 - Flying camel, spin combo w/2 chgs of position & 1 chg of ft, Biellmann
- Something to work on: Butterfly

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 don't 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 very important for good skating. When these muscles are strong it allows for easy controlled movements and helps you skate over your own self so you don't weigh down on your neighbors. Consider a Pilates class.
- 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 things such as “Dance, Dance Revolution” and 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 very 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!
- Optional 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's 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 (7th & 8th grades only)
- Be a current member in good standing with the USFS and the Rochester FSC
- Train under the supervision of an approved RFSC coach
- Sign up for the program 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)
- 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

US Figure Skating CODE OF CONDUCT

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

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

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

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

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

I will adhere to the rules of US Figure Skating and the host organization at all activities hosted, supported, sponsored, or engaged in by US Figure Skating.

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

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

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

I understand that all disciplinary proceedings will be conducted pursuant to Article XXV, Section 3, of US Figure Skating bylaws and that my rights and remedies are derived therefrom.

Illegal Substance Abuse Policy #2300

Adopted August 2008

In addition to policies instituted by U.S. Figure Skating G.R. 1.02, p.53, all members of RFSC shall not be involved in illegal use, distribution, or possession of any alcoholic beverages, drugs, drug paraphernalia, or controlled substances at any time. If a member of the RFSC is confirmed to have violated this rule the following penalties will be imposed:

1st Violation-

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

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

2nd Violation-

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

The RFSC will encourage substance abuse counseling.

3rd Violation-

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

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

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

**Estimated Synchro Costs by Team
2011/2012**

	Intermediate (based on 12)	Open Juvenile (based on 15)	Pre-Juvenile (based on 14)	Beginner (based on 12)
Summer contract - 11 weeks	\$70/week	\$42/week	\$30/week	\$15/week
Fall Contract (9 months)	\$229/month	\$90/month	\$85/month	\$45/month
Practice Outfit	\$115	\$90	\$90	\$85
Competition Outfit	\$275	\$170	\$120	\$125
Competitions	\$13,783	\$12,072	\$5,104	\$1,667
Competition Expense/skater	\$1,149	\$805	\$365	\$139
Average motel night stays	6-8 days	5-6 days	2-3 days	2-3 days

** These estimates do not include any travel/hotel or car expenses. Bus fare for select competitions is included./Nationals NOT included

**Fund Raising : Team/individuals have options of fundraising to help off-set cost of synchro.

Scrip - credit quarterly

Current - skaters earn around 50% of sales/credited on December skating bill

Poinsettias - skaters earn around \$10/plant sold/credited on January skating bill

Other ideas

** RFSC will accept prepayment starting Sept. 1st if it is helpful for budgeting months of Sept/Oct/Dec/Jan as these are the highest billing months.

*Pre-Juv team competitions estimate includes 4 local competitions plus Fond Du Lac and Duluth.

** Please contact Synchro Treasurer if you have any further question on team expenses:

Candee Ostreng

RFSC Synchro Treasurer

775-2055 or costreng@yahoo.com

Rhythm & Blades Sponsorship Committee

The mission of the Rhythm & Blades Sponsorship Committee (RBSC) is to promote participation in a high quality synchronized skating program by obtaining community business sponsorship and encourage individual team fundraising to reduce costs for all participants and support the professional staff.

Organization of the Committee

In order to provide uniformity and clarity the Rhythm and Blades Sponsorship Committee (RBSC) will:

- Be subject to RFSC Board oversight and will meet requirements specified by the RFSC Board of Directors.
- Have open membership to families of all RFSC synchronized skating teams.
- Seek sponsors from the community to encourage participation in synchronized skating by making it more affordable.

Funds will be distributed to teams as a percentage of their total annual costs in relation to the RFSC synchronized teams' annual budget. The RBSC will focus on sponsorship, but will oversee fundraising for all teams. Funds will be given to the Synchro Treasurer for distribution on individual accounts.

The RBSC guidelines will be the basis for approaching potential sponsors and will work with the Ice Show chairperson to maintain Ice Show profits when approaching current contributors to the Ice Show.

Informational letters, brochures, and a power point presentation are available for use in potential sponsorship presentations.

The committee meets several times a year to brainstorm ideas for new business contacts and to revise the information for the current teams. We would like to have representation from all of the teams on this committee. The large project ahead for this committee is the 2011 U.S. Figure Skating Midwestern and Pacific Coast Synchronized Skating Championships which the RFSC will be hosting. They will need lots of volunteers for various positions.

Fundraising

Individual teams choose their own fund raising projects. Some of the more successful fundraisers have been selling Poinsettias, Current products, and Tastefully Simple. The synchro treasurer needs to be informed of planned fundraisers. The "Scrip" program is a great way for synchronized skaters to reduce their bills. Information is provided on the following pages about this program.

What Is Scrip?

Scrip is a term that means “substitute money”. When you purchase scrip, you’re purchasing negotiable gift certificates and prepaid cards that are used just like cash. You can use scrip to purchase everyday expenses like food, clothing, and other essentials, and with



every purchase, you earn revenue for our Rhythm and Blades Synchronized Skating Program. Currently 80% of the profit earned is credited to the individual and 20% goes towards the general scrip account to fund the program. Those families with no synchro skater may choose to designate a synchro skater to receive the individual credit or have the full profit remain in the general scrip account.

How scrip generates revenue for you

The Great Lakes Scrip Center acts on behalf of churches, schools and other non-profit organizations to purchase large amounts of scrip from grocery stores, department stores, and other retailers. Because the scrip is purchased with cash up front, the participating retailers offer a substantial discount. Our organization buys the scrip from Great Lakes Scrip Center at a discount, and re-sells the certificates to families like yours for full face value. The discount - from two to fifteen percent or more – is our organization’s revenue.

Scrip is "shopping cart fundraising"

Scrip is a popular fundraiser because families don’t have to sell anything. Organization members produce revenue by making regular household purchases they would make anyway. Groceries, clothing, toys, gifts, even gasoline can be purchased with scrip.

Get Started Now

To get started, complete the online family registration at www.shopwithscrip.com. Registration information is included on the “Getting Started with ShopwithScrip.com” page. Once registered you can begin placing orders online and choose to pay by check (left in the RFSC office) or use PrestoPay (instructions included). Then put your shopping dollars to work for our organization! If you do not have access to place orders online, please contact Michelle Romenesko.

Reloadable Scrip



Don’t toss those gift cards...Reload at ShopwithScrip.com. Log on to shopwithscrip.com, select “Card Reload” and choose your brand, select your amount and “add to cart”. Enjoy all the benefits of reloadable cards: □ Growing number of brands □ Register multiple cards □ Faster turn-around time □ Custom denominations □ Positive environmental impact □ It’s so easy!

*Rochester Figure Skating Club
Michelle Romenesko
Michelle.romenesko@gmail.com
(507) 280-5985*

Welcome to the Rhythm & Blades Beginner Team for the 2011-2012 season

The coaches have spent a lot of time determining how best to group our skaters into teams. We feel we have done our best to place each skater in the right place. It is very important that skaters be patient for the first several months as the new team works together. Everyone needs to allow some time for skaters to get to know each other & learn to skate as a team. More experienced skaters are likely to feel frustrated while newer skaters catch up. Newer skaters may feel pressured by the more experienced skaters. This is all normal. As parents please listen to your child's complaints & help remind them that this is a time to learn to get along. Practices are generally difficult for a while. We are expecting you to allow some time for the team to meld together. 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 on the team 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 important part of the team. They need to work just as hard, if not harder, than the rest of the team members.

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.

If you decide to quit anytime before August 31st 2011 you agree to pay a fee of \$40.00. If you decide to quit anytime between September 1st 2011 & May 31st 2012 you agree to pay a fee of \$120.00. If you decide to quit anytime after costumes have been ordered the costume becomes the property of the team.

Skater's signature _____ date _____
Parent's signature _____ date _____

This form needs to be returned to the team manager's folder by the first practice for your team in June 2011. Skaters will not be allowed to practice with the team until this form has been turned in.

Welcome to the Rhythm & Blades Pre Juvenile Team for the 2011-2012 season

The coaches have spent a lot of time determining how best to group our skaters into teams. We feel we have done our best to place each skater in the right place. It is very important that skaters be patient for the first several months as the new team works together. Everyone needs to allow some time for skaters to get to know each other & learn to skate as a team. More experienced skaters are likely to feel frustrated while newer skaters catch up. Newer skaters may feel pressured by the more experienced skaters. This is all normal. As parents please listen to your child's complaints & help remind them that this is a time to learn to get along. Practices are generally difficult for a while. We are expecting you to allow some time for the team to meld together. 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 on the team 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 important part of the team. They need to work just as hard, if not harder, than the rest of the team members.

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.

If you decide to quit anytime before August 31st 2011 you agree to pay a fee of \$50.00. If you decide to quit anytime between September 1st 2011 & May 31st 2012 you agree to pay a fee of \$150.00. This is in addition to the \$100 tryout fee that would not be credited back to you. If you decide to quit anytime after costumes have been ordered the costume becomes the property of the team.

Skater's signature _____ date _____
Parent's signature _____ date _____

This form needs to be returned to the team manager's folder by the first practice for your team in June 2011. Skaters will not be allowed to practice with the team until this form has been turned in.

Welcome to the Rhythm & Blades Open Juvenile Team for the 2011-2012 season

The coaches have spent a lot of time determining how best to group our skaters into teams. We feel we have done our best to place each skater in the right place. It is very important that skaters be patient for the first several months as the new team works together. Everyone needs to allow some time for skaters to get to know each other & learn to skate as a team. More experienced skaters are likely to feel frustrated while newer skaters catch up. Newer skaters may feel pressured by the more experienced skaters. This is all normal. As parents please listen to your child's complaints & help remind them that this is a time to learn to get along. Practices are generally difficult for a while. We are expecting you to allow some time for the team to meld together. 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 on the team 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 important part of the team. They need to work just as hard, if not harder, than the rest of the team members.

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.

If you decide to quit anytime before August 31st 2011 you agree to pay a fee of \$100.00. This is in addition to the \$100 tryout fee that would not be credited back to you. If you decide to quit anytime between September 1st 2011 & May 31st 2012 you agree to pay a fee of \$200.00. If you decide to quit anytime after costumes have been ordered, the costume becomes the property of the team.

Skater's signature _____ date _____
Parent's signature _____ date _____

This form needs to be returned to the team manager's folder by the first practice for your team in June 2011. Skaters will not be allowed to practice with the team until this form has been turned in.

Welcome to the Rhythm & Blades Intermediate Team for the 2011-2012 season

The coaches have spent a lot of time determining how best to group our skaters into teams. We feel we have done our best to place each skater in the right place. It is very important that skaters be patient for the first several months as the new team works together. Everyone needs to allow some time for skaters to get to know each other & learn to skate as a team. More experienced skaters are likely to feel frustrated while newer skaters catch up. Newer skaters may feel pressured by the more experienced skaters. This is all normal. As parents please listen to your child's complaints & help remind them that this is a time to learn to get along. Practices are generally difficult for a while. We are expecting you to allow some time for the team to meld together. 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 on the team 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 important part of the team. They need to work just as hard, if not harder, than the rest of the team members.

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.

If you decide to quit anytime before August 31st 2011 you agree to pay a fee of \$100.00. This is in addition to the \$100 tryout fee that would not be credited back to you. If you decide to quit anytime between September 1st 2011 & May 31st 2012 you agree to pay a fee of \$200.00. If you decide to quit anytime after costumes have been ordered, the costume becomes the property of the team.

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

Skater's signature _____ date _____
Parent's signature _____ date _____

This form needs to be returned to the team manager's folder by the first practice for your team in June 2011. Skaters will not be allowed to practice with the team until this form has been turned in.



“Out the Door” Checklist

- ❖ Competition Outfit (These snag and rip easily so protect this in a garment bag)
- ❖ Practice Outfit
- ❖ Practice “Scrunchie”
- ❖ Competition “Hair accessory”
- ❖ 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
- ❖ Synchro warm-ups
- ❖ Appropriate undergarments so straps do not show
- ❖ Hair Net (color should match hair and bring extras)
- ❖ “Hairagammi” (if required)
- ❖ Team Captains: I-pod and speakers or Boom box & CD’s with program and warm-up music

Parents List:

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

Summer RFSC Contract Policy

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

Synchro Vacations / Interim Ice Schedule

There are no team practices during:

Interim week between the summer contract and the fall/winter contract

Spring break interim week

Interim week between the fall/winter contract and the summer contract

The synchronized teams also do not practice the last week of the fall/winter contract and usually the last 2 weeks. The Intermediate team usually has an additional week off.

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

RHYTHM & BLADES SYNCHRONIZED COMPETITIONS & CALENDAR

August 12-14 2011 Synchronized Camp

November 11-12 2011 Granite City Classic St. Cloud MN – 3 teams, Sat night

December 2-4 2011 Dr. Richard Porter Synchronized Classic Ann Arbor, MI
Inter. & Open Juv

December 17 -18 2011 Maplewood Synchronized Classic – Beg & Pre J with practice ice
on Sat, Open Juv & Int without practice ice – only competition on Sunday

January 5-7 2012 Foot of the Lake Fond du Lac, WI- Int, Open Juv, & Pre Juv

January 26-29 2012 Northland – Duluth, MN- Pre Juv?. Beginner?

January 26-28 2012 Midwestern Championships – Plymouth, MI – Int, Open Juv

February 3-5 2012 Hiawathaland - all teams, except Intermediate
(February 11-12 2012 Swan City, Beaver Dam, WI)

March 7-10 2012 Nationals – Worcester, MA (SC of Boston)

March 8-11 2012 Eau Claire, WI– Open Juv, Pre Juv, Beginner, Intermediate?

(April 13-14 2012 Worlds – Goteborg Sweden)

Other Performances

December 11, 2011 - Holiday Exhibition – all teams except Intermediate

December 27-29? 2011 – Kiwanis Hockey Festival exhibitions – Int? Open Juv? Others?

Ice Hawks games – TBA (Nov-March)

April 20-22 2012- Ice Show – all teams

Nov-March - High School games – Intermediate team, Open Juv?