



SYNCHRONIZED SKATING MANUAL



**2025-2026
SEASON INFORMATION**

Rhythm & Blades Synchronized Skating Manual for the 2025-2026 season

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

- 1- Contact Information
- 2- Additional Skating Requirements
- 3- Competition and Exhibition Calendar
- 4- Monthly fees
- 5- Commitment Form – Open Juvenile
- 6- Commitment Form – Aspire 4
- 7- Commitment Form – Aspire 3
- 8- Anti Bullying Pledge

Contact Information

RFSC Director of Synchronized Skating and coach
Vikki Dalquist
vdalquist@rochesterfsc.org

Coaches

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

Team Managers 2025-2026 – contact information sent to team members

Travel Manager: Sherri Biewer

Open Juvenile:

Bethany Larson

Karen Nase

Aspire 4:

Michelle Johnson

Bronwyn Briseno

Aspire 3:

Sarah Datema

Amanda Thoendel

Additional Skating Requirements

Open Juvenile team skaters must skate a minimum additional 1.5 hours a week

Aspire 4 team skaters 1 hour

Aspire 3 team skaters 30 minutes

These sessions can be free skate, Skating Skills/dance, power, competitive edge, other on ice classes, or a L2S class for the Aspire 3 skaters.

2025-2026

RHYTHM & BLADES SYNCHRONIZED COMPETITIONS & CALENDAR

(Oct 10-11 Hiawathaland - local individual competition)

November 1-2 2025 Capital Ice Synchro Classic Bismarck, ND – Open Juv

November 22-23 Kalamazoo Kick Off Classic Michigan – Open Juv

Kick-Off Classic – Greater Kalamazoo Skating Association (skatekalamazoo.org)

December 7 Holiday Exhibition 5:30-8 pm for all 3 teams

December 12-13 Maplewood Competition at Ridder Arena in Minneapolis

for Open Juv & Aspire 4 & Aspire 3 – practice ice Friday daytime or early evening,
competition on Saturday

**January 19-25 2026 Midwestern Synchronized Skating Championships Plymouth, MI –
Open Juv**

February 7 2026 Exhibitions at Frosty Skate Blast in Rochester – all 3 teams

February 28-March 1 2026 Eau Claire Competition for all 3 teams

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

April 17-19 2026 Rochester Ice Show – all 3 teams

August 7-9 2026 Synchro Camp

Other possible Performances

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

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

Synchronized Monthly Fees by Team

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

For the 2025-26 season the planned monthly fee estimate:

Open Juvenile: \$356.25 for each month, 8 months September through April

Aspire 4: \$75.00 for each month, 8 months September through April

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

With 10 skaters \$89

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

Open Juvenile: 2 hours of ice a week = \$25.60 per week X 4 wks a month = \$102.40.

Aspire 4: 1.5 hours of ice a week = \$19.20 per week X 4 wks a month = \$76.80.

Aspire 3: 1 hour of ice a week = \$12.80 per week X 4 wks a month = \$51.20

Welcome to the Rhythm & Blades Open Juvenile Team for the 2025-2026 season

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

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

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

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

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

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

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

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

Skater's Name (Please print) _____

Skater's signature _____ date _____

Parent's signature _____ date _____

This form needs to be electronically signed by Thursday June 19, 2025. Skaters will not be allowed to practice with the team after this date if the form has not been signed.

Welcome to the Rhythm & Blades Aspire 4 Team for the 2025-2026 season

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

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

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

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

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

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

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

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

Skater's Name (Please print) _____

Skater's signature _____ date _____

Parent's signature _____ date _____

This form needs to be electronically signed by Thursday June 19, 2025. Skaters will not be allowed to practice with the team after this date if this form has not been signed.

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

Welcome to the Rhythm & Blades Aspire 3 Synchro Team for the 2025-26 season

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

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

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

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

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

If you decide to quit anytime between November 2025 and April 20 2026 you agree to pay a fee of \$200.00. PLEASE NOTE: Medical exceptions will be granted in the case of an injury that takes a skater out for many months and they are unable to compete. Parent initials: _____

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

Skater's Name (Please print) _____

Skater's signature _____ date _____

Parent's signature _____ date _____

This form needs to be completed by October 1 2025.

* An alternate is a skater who does not perform with the team. Coaches will designate someone an alternate when they feel they are not ready to compete or perform. Skaters may be an alternate for one competition/exhibition and then be ready to skate the next time. Alternates are a valuable and an important part of the team. Note: it is unlikely we will designate anyone an alternate at this level.

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 teammate.
- To not use technology as a weapon to hurt others.
- Apologize and accept responsibility for my actions.
- Stand up, speak out respectfully when I see bullying.
- To be a part of the solution, not part of the problem (bully or bystander).

Consequences for bullying:

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

I, _____ of the 2025-2026 Rhythm and Blades synchronized skating team understand the above statements and the consequences.

Skater Signature: _____

Parent Signature: _____