



**LSA SYNCHRONIZED SKATING TEAM
In-House Team 2019 – 2020**

Synchronized skating is the fastest growing discipline within the sport of figure skating. Typically 8-16 skaters make up a youth team. Synchronized skating requires excellent skating skills performed with the highest level of precision. Synchronized skating promotes teamwork, camaraderie and FUN!

I. ELIGIBILITY

- All skaters must be members in good standing of Louisville Skating Academy (i.e., Full Membership).
- Skaters must be under age 12 as of July 1, 2019.
- Skaters shall be at the basic skills or beginner level.
- All skaters must take private lessons from an LSA coach of his or her choice.
- Additional weekly practice and participation requirements are outlined below.

II. PRACTICE

Team practice will be held as follows:

“Summer” which is the weeks of June 3– August 9: Practice will be held on Tuesday morning (exact time TBA)

“School Year” which is mid-August to the last event of the season (end of January/beginning of February): One time per week on either Tuesday or Thursday evening at around 6:00 p.m. Exact day/time to be determined.

Prior to performances, additional practices may be added. In addition to team practice, skaters must work to improve their individual skating skills. The following requirements are mandatory for members of each team, respectively:

- skate at least one session a week outside of synchronized team practice
- receive instruction from an LSA professional a minimum of once per week

Attendance at all practices is imperative for the success of this team. Skaters are expected to attend all scheduled practices.

III. EVENTS

The team will participate in the following events:

- LSA Fall Invitational (Louisville, KY): November 9, 2019
- National Skating Month Clinic: January 11, 2020 (subject to change)
- Additional events may be added with reasonable prior notice

IV. COSTUMES, PRACTICE ATTIRE AND EQUIPMENT

Skaters are required to have their own skates and maintain them regularly, including sharpening the blades.

Competition outfits for the season will be purchased by the team and are included in the annual fee. Costumes will be the property of LSA at the conclusion of the season.

Tights for competition must be purchased by each girl team member. Skaters will be notified as to the style and manufacturer and will be required to purchase a pair which will be kept by the team managers. Team managers

will notify skaters when a replacement pair is required.

Practice attire must be purchased separately. Skaters will be required to purchase team practice attire which will be outlined at the start of the season. *All synchronized skaters are required to purchase the official LSA warm up jacket.*

V. MUSIC. PROGRAM THEME and CHOREOGRAPHY

The coaching team, in its sole discretion, will determine the music, program theme and choreography for the team.

VI. FUNDRAISING

LSA engages in fundraising events throughout the year including shows, competitions, sponsor drives and much more. Synchronized skaters must support these events as the funds are used to subsidize the synchronized skating program.

In addition, participants in the synchronized skating program may be asked to participate in specific fundraising activities if the need arises.

VII. FEES AND REGISTRATION

Registration for the LSA In-House Team will open on April 16th.

The fees to participate on the LSA in-House Team for the 2019-2020 season, which runs from June 2019 until the last event of the season, include practice ice time, coaching fees, music editing, costumes, additional event fees, and miscellaneous supplies. Fees do not include practice attire, LSA warm up suits, team make up or hair pieces, or competition tights (if needed). LSA will make every effort to keep additional costs to a minimum.

The team fee for 2019-2020 is \$500, payable in four installments: \$125 at registration and \$125 will be payable on or before the fifteenth day of August, October, and December.

Team members who are delinquent in payment or who do not complete payment will be considered "members not in good standing" with LSA and may be prohibited from participating in or registering for LSA programs and events.

VIII. AGREEMENT and WAIVER

I have read and understand the above conditions and agree to abide by the rules of the LSA youth synchronized skating program. I agree to pay the amounts due on or before each due date as outlined in this contract. I understand that skating privileges (access to ice sessions & permission to test or compete) will be suspended until amounts due are paid.

Waiver

I am aware that the sport of ice skating and related off-ice training and conditioning poses dangers and risks of injury. I also understand that my or my child's participation in this sport and in LSA skating and off-ice training and conditioning sessions, which may include skaters of varying experience, skills and abilities, places me or my child at greater risk of injury than choosing not to participate. I understand that I or my child, or others skaters on the ice, may need to practice skills where speed, power, and difficult, dangerous jumps, spins, spirals and moves are required. I understand that there will be times when skaters are skating backwards, spinning or practicing other maneuvers where it may not be possible to see clearly and stop their maneuver in time to prevent a collision with a skater who has crossed his or her path. I agree that I or my child have a responsibility to maintain a lookout for and to avoid a collision with skaters in such maneuvers. I understand that the coaches on the ice are not employees or agents of Louisville Skating Academy ("LSA") and that a coach cannot guarantee my or my child's safety. I am solely responsible for assessing, at all times, whether the conditions of the practice ice session, off-ice training session, the arena and ice surface are safe or suitable to my or my child's experience, skills, and abilities, and for exiting the session or arena and choosing not to participate if I deem conditions unsuitable. In consideration for my participation in LSA activities, I hereby release LSA and their officers, directors, members, volunteers, contractors and employees as well as independent contractor coaches ("Released Parties") from all claims, demands, losses and damages, and from any liability resulting from any injury incurred while participating in any LSA activities and programs whether or not

caused by the negligence or other fault of the Released Parties. In the event I am injured or incapacitated while participating in these activities or programs, I hereby give LSA permission to seek necessary medical assistance for me or my child. I agree that my provision to LSA of emergency contact phone numbers of persons who can be contacted on my behalf in the event of an emergency is voluntary and is merely for my convenience and in no way obligates LSA to keep such information up-to-date. I acknowledge that LSA substantially relies on volunteers, including other members and parents of skaters, to help oversee many of LSA's activities and I agree that LSA's attempt to gather emergency contact information does not impose liability on LSA related to any act or omission in the event of an emergency of any kind. I agree that the responsibility to assure my or my child's safety remains with me at all times.

I AGREE THAT I HAVE READ THIS WAIVER AND RELEASE, HAVE HAD AN OPPORTUNITY TO ASK ANY QUESTIONS ABOUT IT THAT I MAY HAVE AND THAT MY SIGNATURE BELOW INDICATES MY AGREEMENT TO ALL OF ITS TERMS.

Parent/Guardian

Date

Skater

Date