



LSA SYNCHRONIZED SKATING TEAM CONTRACT

Synchro Skills 2 Team 2019-2020

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

I. ELIGIBILITY

- All skaters must be eligible members of U.S. Figure Skating (i.e. Full Members).
- All skaters must be members in good standing of Louisville Skating Academy.
- All skaters must submit an application by 7:00 p.m. on April 15, 2019.
- All skaters must attend the team try-out on April 16, 2019.
- Skaters must be under age 13 as of July 1, 2019. The majority of the team shall be under age 12 as of July 1, 2019.
- Skaters are encouraged to have passed USFS moves or dance tests. Skaters may not have passed higher than the USFS Preliminary Moves in the Field test or preliminary dance test.
- All skaters must take private lessons from a coach of his or her choice who is a member in good standing of U.S. Figure Skating and the Professional Skaters Association (PSA). Additional weekly practice and participation requirements are outlined below.

II. PRACTICE

PRACTICE ICE: All skaters are expected to be on time for all scheduled team practice. Practice will begin in June and is scheduled tentatively for Tuesday during the 10 week summer session. Regular weekly practice during the school year will be held two times per week, tentatively on Tuesday and Thursday. These practices will begin in mid-august and will run up until the last competition of the season. Prior to competitions, 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 a minimum of two days per week with at least 30 minutes of practice time each day outside of synchronized team practice
- receive instruction from an LSA professional a minimum of once per week

BEHAVIOR: Progress can be made only in a cooperative and respectful practice environment. There will be no socializing on the ice, no derogatory comments to teammates/coaches or foul language during practice sessions. Those that engage in these behaviors will be asked to leave the ice for the rest of the practice session. Skaters will be expected to listen to coaches, be attentive to directions and be ready to

move quickly into their positions. Those that are not attending to directions may be asked to leave the ice.

ATTENDANCE: Attendance at all practices is imperative for the success of this team. Skaters are expected to attend all scheduled practices. Skaters that miss the last home scheduled practice before a competition may be required to skate in an alternate position at such competition.

ATTIRE: For every practice, skaters are required to wear specific practice attire as designated by the team coaching staff and as described herein. *SKATERS MAY NOT WEAR JEWELRY FOR PRACTICE OR COMPETITION AND MAY NOT WEAR COLORED NAIL POLISH FOR COMPETITION.*

III. TEAM ROSTER AND ALTERNATE STATUS

Team rosters will be posted shortly after try-outs. The number of skaters on each team and participating in each event will be determined by the coaching staff. The maximum number of skaters allowed in certain competition events is determined by USFS.

It is important for a competitive team to have alternate skaters in case of injuries, illness, or other conflict. Certain skaters will be selected to be part of the team in an "alternate" capacity. At the beginning of the season, this designation will be made based on skating skill and experience. As the season progresses, such skaters may be moved out of alternate status and other team members may move into alternate status based on various criteria, including but not limited to these below:

- 1) Attendance - All scheduled practices, competition and exhibitions are mandatory. Attendance will be taken into consideration in selection of alternates.
- 2) Skating skills - Members are required to progress in their skills and to strive for excellence with their own individual skills.
- 3) Knowledge of program - Skaters are required to review the steps and program on their OWN time. The team will be able to grow faster and maintain momentum throughout the season.
- 4) Attitude and behavior - Skaters are asked to give respect to their teammates, as well as their coaches during ALL practices and competitions. Moreover, skaters are asked to pay attention to instruction and maintain a positive attitude, as well as follow all rules as set by the coaches throughout ALL practices and competitions.

The LSA coaches are committed to providing opportunities for skaters to participate and learn and, at the same time, to putting forth the best team possible. The coaches will inform skaters and families who will be skating in an alternative position at any time up to the last practice prior to the competition. All skaters, including alternates, are required to attend competitions for both the learning opportunity and to skate, if needed.

IV. COMPETITIONS and OTHER EVENTS

The coaches will determine the competitions and events for each season. A tentative schedule is listed below. This schedule may change at the discretion of the coaching staff. It is very important to understand that this team is part of a synchronized skating program that involves several teams and many competitive individual skaters. The coaches will make competition decisions based on the best interest of the entire program. By signing this contract, you are agreeing to participate in all of the team events.

- Fire and Ice Exhibition (Louisville, KY): July 18, 2019
- LSA Fall Invitational (Louisville, KY): November 9, 2019
- Dr. Richard Porter Synchronized Classic (Ann Arbor, MI): Dec. 6-8, 2019

- National Skating Month Clinic: January 11, 2020 (subject to change)
- Tri-States Synchronized Competition (place to be determined): weekend of February 9th or Feb. 16th, 2020 (not announced yet)

V. ATTENDANCE AND BEHAVIOR AT EVENTS

Skaters are required to be at ALL scheduled competitions. This includes all competition off-ice practice, competition on-ice practices, team lunches and dinners, and the competition event itself. Skaters may be required to attend team events without their accompanying parent.

Skaters are required to wear their Louisville Skating Academy warm up suit while at the arena during competitions. Skaters are also asked to look neat in appearance.

Skaters are asked to cheer on all other LSA teams performing in a competition when no other scheduling conflict exists. The support of our teams is crucial to team spirit and motivation and we ask that you cheer on others from LSA.

Skaters are asked to display good sportsmanship at ALL times. Synchronized skating is about teamwork and cooperation. Be encouraging to fellow competitors and support all who are in attendance.

Official team chaperones will stay with the competitors during all competitions. Skaters may be asked not to sit with their parents if parents attend. Parents will not be allowed to accompany their skaters in the locker rooms at competitions. The team will need to be focused on the event.

It will be the team manager's job to enforce all off-ice rules at the competition and to communicate any violations to the coaches.

VI. TRAVEL

Skaters on the teams will be required to travel to events. Arrangements will be made for the team to stay at a certain hotel, be at the rink at specific times, eat together and attend team meetings during this competition weekend. Parents will need to adhere to these arrangements and the team travel rules which are set forth prior to the trip.

VII. 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. The coaches and team costume committee will be responsible for competition outfits. The coaching staff will have final approval regarding costumes. 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.*

Hair and make-up will be decided by the coaches and overseen by the team manager. Skaters will be

required to have their hair and make up done by assigned volunteers for all competitions.

VIII. MUSIC, PROGRAM THEME and CHOREOGRAPHY

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

IX. 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.

X. FEES

The fees to participate on the LSA Synchro Skills 2 synchronized team for the 2019-2020 season, which runs from June 2019 until the last competition of the season, are outlined below. In addition, skaters will pay an "application fee" of \$200. For those skaters assigned to the team, the entire "application fee" will be allocated toward their first payment. Applicants who are not assigned to a team will have their "application fee" refunded. For skaters who are assigned to the team but elect not to participate, fees are non-refundable and credits will not be issued.

Team fees include practice ice time, coaching fees, competition entry fees, music editing, costumes, USFS team registration, and miscellaneous supplies. Fees do not include practice attire, travel and hotel expenses, 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 \$1,000, payable in five installments: the \$200 application fee will be used toward the first payment, and \$200 will be payable on or before the fifteenth day of August, October, December, and January.

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.

XI. DISCIPLINE PROCEDURES

A skater may face the possibility of termination from the team for repeated violations of this contract. Prior to termination, a skater shall receive written warnings for such violations. It will be the responsibility of the coaches and team managers to enforce this contract.

A skater may be terminated immediately from the team for theft, lying, unsportsmanlike behavior, or any other behavior deemed by the coaches to be a detriment to the team. In addition, a parent or other family member who conducts themselves in this way may result in the immediate termination of their skater from the team. Upon immediate termination, the coach will conduct a meeting with the skater, parent and team manager to explain the circumstances relating to such termination.

XII. 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