

## Synchro Team Requirements & Expectations

### Attendance

- Skater will attend all scheduled practices, including off-ice and on-ice practices
  - **Off-ice:** Sundays TBD as needed @ the ice rink (location may change)
    - Skater must be in tennis shoes and in position at the time practice begins or skater will be marked tardy. Two tardies are equivalent to one absence.
  - **On-ice:** Sunday evenings @ the ice rink, time to be determined late summer.
    - Skater must be on the ice and in position at the time practice begins or skater will be marked tardy. Two tardies are equivalent to one absence
    - Saturday Morning practices will be scheduled when available throughout the season. All dates will be communicated with at least 2 weeks notice
  - **Mandatory Meetings** - skater must attend all mandatory meetings as scheduled. Failure to do so will count toward an allotted absence.
  
- A maximum of **3 (three)** absences are permitted for the season.
  - If an extenuating circumstance (death in the family, prolonged illness or injury, etc) occurs, the skater may petition the Team Head Coach and Team Manager in writing for additional excused absences
  - If skater is injured or has an illness that allows him/her to be at the ice rink but not on the ice, skater is expected to watch practice from the boards. Skater may watch practice for a maximum of two practices per season for **illness**. On the third request to watch practice, the skater will be marked for an absence.
- Skater must attend the **two practices prior to a scheduled performance or competition**. If a skater misses practice prior to a scheduled performance or competition, she or he may be removed from the performance and replaced with an alternate.
- Required performances and competitions include:
  - Showcase of Talent: TBD
  - Badger State Games
  - Additional competitions as determined by coaches
  - Hockey game performance between periods if available (date/time TBD)
  - Annual Ice Show
    - Skater must be in all scheduled ice shows
- Two recommended, but not mandatory, practices will be scheduled during Christmas break. Skater may request to be excused from practice if she or he is out of town for family obligations or for religious obligations.
  - Excused absences are at the coach's discretion and do not count toward the three allotted absences for the season. **Skater must request to be excused prior to the start of practice**. Text messages received less than one hour prior to the start of practice will not be considered advance notice. Text must include Team Manager and head coach.
  - Unexcused absences may include, but are not limited to: going to a birthday party, being too tired to skate, forgetting about practice, etc. Unexcused absences will count toward the two allotted absences for the season.
  
- Captain(s) will be elected by the team and approved by the head coach. Expectations will be discussed with the head coach and will include but not limited to monitoring team morale, encouraging and mentoring new members, organizing team bonding events and keeping focus during practices.

**Skater Expectations**

- Skater must be a full club member of MSLFSC
- Skater must have passed Basic 5
  - In the event more than the allotted number of skaters signs up for synchro, skaters will be selected based on skill and/or a tryout judged by the team coaches. Alternate will be placed if needed.
- Skater must be enrolled in a group Learn to Skate class OR skate a private lesson session weekly
- Skater must be in good standing with MSLFSC, which is defined as: All club fees and coach fees must be current and skater must have no violations to the athlete code of conduct
- Skater must bring all costume pieces to all performances and competitions. Skaters who fail to do so may be removed from the performance or competition at the coaches' discretion.

**Parent Expectations**

- All parents must volunteer a minimum of 3-5 hours specifically for Synchronized Skating. No buy-out option for Team volunteer requirement.
- Parents who will be in locker rooms with the team must complete the SafeSport training and background check through the USFSA.
- Parents are required to work all scheduled shifts for supervising practices and playing music.
- Parents are expected to provide transportation or arrange transportation for the skater to attend all scheduled meetings, practices, performances, and competitions.
- One parent is needed to be the Team Manager, either by volunteering or assignment.

\*By signing below I have read and I acknowledge the above expectations and agree to abide by them.

\_\_\_\_\_  
Skater Signature

\_\_\_\_\_  
Date