

# Talbot

**SYNCHRONIZED SKATING TEAM**



## **Team Handbook** 2018-2019 Season



Talbot Figure Skating Team  
P.O. Box 1344  
Easton, MD 21601

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# Introduction

## What is a synchronized team?

Synchronized Skating is a fun and rewarding experience for all ages. It involves eight to twenty-two skaters performing various formations in unison to music. The objective is for the skaters to perform as one unit rather than individually. They can incorporate various skating formations such as circles, pinwheels, lines, blocks, and intersections. Synchronized Skating offers skaters the opportunity to participate in a group activity and make new friends. Synchronized teams allow participants to strengthen their own individual skating skills while at the same time enjoying the atmosphere of a team sport. Skaters will benefit from the accomplishments of the team and will be able to share in the experience and energy of a dynamic group. Achieve goals as a team, and everyone wins!!! For more information on the types of team divisions, please visit the [ISI website](#).

## Coach(es)

Coaches make all decisions regarding team member selection. Coaches will also select the music, choreography, dresses, performances and makeup. Coaches will make decisions regarding participation in exhibitions and competitions. Only coaches will be responsible for enforcing team expectations or rules during on or off ice practices.

## Skating Demonstrations

The level of the team will depend on enrollment. To be eligible for team assessments skaters must have had some type of previous professional instruction (through enrollment in a Learn to Skate program or through private lessons) and must be willing to meet all other team requirements. Skaters will be asked to demonstrate their skating skills at a preseason skills assessment. There will be a \$30 nonrefundable fee to participate in this assessment. If a skater should not be able to participate in this group assessment a private assessment will need to be scheduled with the synchro coach(es). The alternative assessment will cost \$40 (payable to TFST), in addition to any fees for freestyle ice time and/or additional coaching fees charged by the coach(es). In addition to the skaters age, skating skill level, along with prior season team commitment and good sportsmanship (if applicable) will assist in team selection. A skater's financial commitments from a previous season must be fulfilled before a skater will be offered a slot on any Team this season.

Skaters who are not able or ready to participate on the team are encouraged to participate in Talbot County Parks & Recreation's "Learn to Skate-Showtime" program in the spring for additional skill building and performance opportunities.

## Team Rules

Competitive synchronized skating is the epitome of a "**team sport**". Attendance and promptness is expected for this program to be successful. We want you, your athlete(s), their teammates, and our families to get the full benefit of our program. Synchronized skating teams are a sport that requires commitment, loyalty and accountability from our families. In order for our skaters to perform skills safely and be successful, a HIGH level of commitment is required. Participation in home performances and competitions will be up to the coach's discretion based on attendance at practices both on and off the ice. **Skaters should notify the coach ahead of practice time if they cannot attend a practice.**

A skater who misses more than three practices may be dismissed from the team. Should that occur, NO REFUNDS will be given. Skaters with attendance concerns or other circumstances may be placed in a swing or training spot.

A skater may not be allowed to participate in an event if they have missed the final practice before a performance.

If there is a behavior problem that interferes with practice, the skater/skaters involved may be asked to leave the ice. This will be considered an absence.

Skaters who are sick or injured are asked to come and watch practice from the side if at all possible.

**Practices should be a high priority to you**, and skaters need to be attentive and respectful of each other and the coaches during this valuable time.

All skaters must be participating in some form of instruction during the current season: ISI Learn to Skate, private lessons, or both and all skaters should be practicing on their own at freestyle sessions throughout the season. When available, Synchro Team skaters are encouraged to attend the clubs off ice practices as well.

Final decisions regarding who is placed on the Talbot Synchronized Skating Team are made by the team coach(es).

All skaters on the team will be required to be a member in good standing of the Talbot Figure Skating Team including current ISI membership.

Parents and skaters are both required to sign a release stating that you have read and understand these rules. You will receive a copy of the rules to keep at home.

## **Dressing For Synchro Skating Practice**

Practice Apparel for all teams for a **uniformed team dress policy** will be required. Skaters will be asked to wear either (1) black leggings/yoga pants along with either the designated team shirt or a solid black shirt or (2) possible NEW team dresses TBD. Additional practice apparel and accessories will be available for optional purchase.

Wearing the official Talbot Figure Skating Team competition jacket during practice sessions on the ice not permitted.

Do not wear oversized black sweatshirt, hoodies, heavy or bulky tops, or jeans.

Skaters should not wear gloves during practice.

Hair must be pulled back so that it is out of the skater's face (bun or short ponytail preferred) and off of the shoulders.

If a skater is wearing attire that is deemed inappropriate for practice a Coach will provide feedback for any changes that need to be addressed.

Sneakers or other athletic shoes (**no boots**) should be worn for off-ice practices.

## Financial Commitments

Final costs are NOT calculated until all team memberships have been finalized. The annual bill for ice and coaching fees will be split equally between all team members. At least an initial payment will be due by September 3, 2018 and a monthly payment plan is available for the remaining balance of the final fee.

### Individually (approximate)

Additional expenses will include, but are not limited to:

Appropriate Team Practice Attire and Travel Expenses (Families should consider the cost of travel expenses involved in competition. All competitions will be within our ISI District).

Potential Cost Offset:

'Synchro Team Only' fundraising may be required to reduce overall team and individual costs. Additional fundraising opportunities may be offered to offset your synchro fees for the current season as well. All fundraising earned will be reimbursed by the end of each event. Credit balances from fundraising cannot be reimbursed in cash and must be used by the end of the current skating season.

## Volunteer Commitments

Above and beyond the commitments with the Talbot Figure Skating Team club, parents/guardians of the skaters on the synchronized team may be asked to assist during practice, exhibitions, or competitions. There may be additional opportunities for parent volunteer positions such as team managers, wardrobe, and make up managers.

## Communication

The primary means of communication between the Talbot Synchronized Skating Team, coach(es) and parents is via email. **It is very important that we have your correct email address and that you check your email on a regular basis.** If you struggle with your email box we suggest parents and skaters create an email account to be primarily used for their skating activities and keep information organized.

## Team Practices

On ice practices are on Sundays between 4:45 and 6:45 p.m. depending on your skaters team placement. Off ice practices will be scheduled on an as needed. A detailed team calendar will be provided to you upon placement.

Additional practices may be required prior to competition and exhibition performances as well as post season ice practice for April competition(s).

## Competitions

All Synchronized Skating Teams (Junior Youth, Youth, Senior Youth, Teen, Adult, etc.) are budgeted to attend at least three competitions and two exhibitions within our District. Competitions are scheduled between January and April. Dates will be provided when finalized within our District.

Despite the stressful nature of competition, all skaters should do their best to remain composed, gracious, and positive regardless of the judges' decisions. Skaters must show respect for judges at all times.

Learning to manage success as well as disappointment in a positive way is a critical learning opportunity for team sport participants.

## **Team Parent**

Team Moms will be assigned at the beginning of the season, one per team, to help us stay organized. These duties will include keeping attendance and the team performance box, communication/response assistance, Synchro Sister reminders, and team spirit contest facilitation, etc. In addition, they will be asked to assist in the coordination of playing music during practice. All parents will be asked to participate to make the most of our valuable ice time. Sign up will be available by team and a parent from each family will be responsible for a designated week during his/her skates practice time.

## **Travel Conduct**

The skaters and families of Talbot Synchronized Skating Team are expected to positively represent the goals of the team and the mission of ISI at all times. As ambassadors of the sport of figure skating, good sportsmanship will be expected during every practice and event. Except when otherwise advised, parents will be expected to be responsible for their skaters at all times.

Despite the stressful nature of competition, all skaters should do their best to remain composed, gracious, and positive regardless of the judges' decisions. Skaters must show respect for judges at all times. Learning to manage success as well as disappointment in a positive way is a critical learning opportunity for team sport participants.

Skaters are also asked to attend all other teams' performances in a competition. At times, this may not be possible due to scheduling conflicts. However, the support of all our teams is crucial to team spirit and motivation and we ask that you do the best you can to make it to the arena to cheer on all synchronized teams.

## **Registration including Photo/Video Release, Skaters & Parent/Guardian Pledge, & Emergency & Medical Information**

Synchro member registration is completed online during the clinic/assessment registration. An email link will be provided to each skater who is wanting to participate with a synchro team.

## **Questions?**

Email : [coachlarisa@mac.com](mailto:coachlarisa@mac.com) OR [info@talbotfigureskatingteam.org](mailto:info@talbotfigureskatingteam.org)

**To be completed no later than September 30, 2018:**

Please print this page and sign below indicating you and your skater have read and accept the terms of the season and understand the requirements of the 2018-19 Talbot Synchronized Skating Handbook which governs your skater's participation on the Synchronized Skating Team, specifically:

Attendance and promptness is expected for this program to be successful. A skater who misses more than three practices may be dismissed from the team. Should that occur, NO REFUNDS will be given. Skaters with attendance concerns or other circumstances may be placed in a swing or training spot.

Skaters will be asked to wear black leggings or black yoga pants along with either the designated team shirt or a solid black shirt. Hair must be pulled back so that it is out of the skater's face (bun or short ponytail preferred) and off of the shoulders. Sneakers or other athletic shoes (no boots) should be worn for off-ice practices.

The primary means of communication between the Talbot Synchronized Skating Team, coach(es) and parents is via email. I will routinely check and be prompt to respond.

The skaters and families of Talbot Synchronized Skating Team are expected to positively represent the goals of the team and the mission of ISI at all times.

\_\_\_\_\_  
Team Member Name Printed

\_\_\_\_\_  
Team Member Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Name Printed

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

*Submit this page to Coach Larisa.  
A signed copy will be scanned and email to you upon your request.*

