

EMERALD ICE FIGURE SKATING CLUB JUNIOR AND SENIOR CLUB HANDBOOK



Mailing address:
PO Box 664
Coleraine, MN 55722

Hodgins-Berardo Arena:
200 Curley Ave
Coleraine, MN 55722

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INTRODUCTION

Welcome to the Emerald Ice Figure Skating Club (EIFSC). The Emerald Ice Figure Skating Club is a member of the United States Figure Skating Association (USFSA). USFSA is the national organization that sets the Basic Skills, Freeskate, testing and competitive standards and criteria for the sport of figure skating. Our members include skaters from the Greenway, Grand Rapids, Cohasset and Nashwauk areas. We hope you will enjoy your skating experience this year.

EIFSC Junior and Senior Club provide skaters with independent ice time, as well as private lesson ice time, to hone their skating skills, practice competition and testing routines and learn new skills.

Just as the EIFSC Board will support all skaters, we ask that you as skaters and parents work to be supportive, positive members of this organization. Any skater or parent displaying an attitude or behavior detrimental to the well-being of any skater, they may be asked to leave the program.

This handbook will serve as the guide for parents and skaters to help them to understand the club, the rules and expectations, the expected costs for the season and important dates. It will also provide you the contact information for the Emerald Ice Figure Skating Club Board of Directors, Coaches and Greenway Joint Recreation Association contact information.

**WITHOUT VOLUNTEERS, THE CLUB WOULD CEASE TO EXIST!
THANK YOU IN ADVANCE FOR YOUR TIME.**

MISSION

EIFSC strives to meet the needs of each skater. It is our goal to provide a skating environment that fosters both recreational and competitive skating and to promote skating as a lifelong sport.

PLEASE READ THROUGH THIS HANDBOOK CAREFULLY WITH YOUR SKATER.

PLEASE KEEP IT HANDY SO YOU CAN USE IT AS A REFERENCE, AS NEEDED.

EIFSC BOARD/COACHES AND GJRA

| | | | |
|----------------------|-----------------------|--------------|--|
| Alicia Wikstrom | President | 218-256-7267 | wikstrom28@centurylink.net |
| Tabbi Litchke | Vice-President | 218-301-6278 | litchket@gmail.com |
| Pam Cochran | Treasurer | 218-910-8264 | Pamela.hope.cochran@gmail.com |
| Twyla Niemi | Secretary/Test Chair | 218-256-1852 | twylaniemi@gmail.com |
| Amy Carpenter | Board Member | 218-244-5685 | Rickandamy94@yahoo.com |
| Celeste Sondgeroth | Board Member | 507-213-4241 | sondgeroth@rocketmail.com |
| Pat Guyer | Greenway Rec Director | 218-245-3525 | gjra@scicable.com |
| Lisa Kangas | Head Coach | 218-256-4667 | lisa.kangas09@gmail.com |
| Hodgins Berado Arena | Arena | 218-245-3525 | gjra@scicable.com |

Becoming an EIFSC Board Member:

EIFSC is a volunteer club governed by an elected Board of Directors. The EIFSC Board of Directors manages the club rules, events, shows and other business throughout the year. They have the right to make changes as they see fit and will do so according to the Club's By-laws. The EIFSC Board meets at 6:00pm on the second Sunday of every month at the Hodgins-Berado Arena. The EIFSC board meetings are open and club members are encouraged to attend.

If you are interested to join the EIFSC board, there are positions available. The board consists of 5-10 members, ideally including representatives for a wide range of skating levels. These positions are open to men or women age 18 or older. A Board of Director's term is two years, but no director shall serve more than three consecutive terms (6 years). The skating fees for one skater will be covered by the EIFSC for each board member.

EIFSC Board Members must:

1. Be a member of the USFSA and EIFSC. USFSA fees will be paid for by EIFSC upon election to the board.
2. Attend all board and committee meetings. Notify president, if unable to attend.
3. Help to formulate policies and enforce them, as needed.
4. To be accountable for Club expenditures. Assist in setting budgets and approving them.
5. Regularly examine club programs to insure they are in agreement with the objectives of the club.
6. Volunteer for committee work assignments and keep the president informed of ongoing developments between board meetings.
7. Participate in recruitment and public relations for EIFSC during their term. This does involve helping with registration evenings.
8. Project a positive attitude about EIFSC at all times.
9. Help select and appoint club president, vice president, secretary, and treasurer.
10. Continually look for fundraising activities.

ICE TIME

EIFCS is charged by the Greenway Joint Recreation Association (GJRA) for ice time per skater. This rate may increase annually to keep up with the overhead costs to run the arena. Payment plans are available. All skating fees must be paid by January 27th in order to participate in the skating show. The Rec board does offer scholarships on a need basis. Talk to Pat Guyer about this: 245-2535 or gjra@scicable.com

The 2019-2020 fee schedule:

ANNUAL REGISTRATION

| LEVEL | COST- GREENWAY TAX DISTRICT | COST-OUTSIDE GREENWAY TAX DISTRICT |
|--|------------------------------------|---|
| Basic 4-Freeskate 6 (Group Lessons) | \$70 | \$130 |
| Basics + 1 | \$100 | \$170 |
| Junior Club (Must be in Pre-Free Skate with a coach, or higher) | \$140 | \$270 |
| Senior Club (Must have passed first three USFSA tests and/or completed Lutz jump)) | \$150 | \$290 |
| Late Fee: registration after 10/27 | \$25 | \$25 |
| Costume for skating show: | \$55 | \$55 |

GUIDELINES FOR JUNIOR/SENIOR CLUB

Junior Club:

To be eligible for Junior Club, a skater must be in Basic 5. Jr. Club skaters have ice time 4 times per week: Monday nights (6:45-7:45), Wednesday mornings (6:00-8:00am), Saturday mornings (7:00-8:00), and Sunday evenings (6:45-7:45). Skaters in Jr. Club have committed themselves to this extra practice to achieve their goals in testing and competitions.

Senior Club:

To be eligible for Senior Club, a skater must have passed the first three USFSA tests or be in 10th grade. Skaters must demonstrate the ability to work independently when not in lesson. If a skater is not able to demonstrate the level of maturity and ability to work independently, they will be moved to Junior Club. Senior Club skaters have ice time 4 times per week: Sunday nights (7:45-9:00), Monday nights (7:45-8:45), Wednesday mornings (6:00-8:00), and Saturday mornings (8:00-9:30).

CLUB COMMUNICATION

The Remind app is the preferred method of communication for schedule changes, event notifications, and general information. The Board of Directors is responsible for transmitting Remind messages to the club membership. Anyone who is not able to access the Remind app should provide the Board of Directors with a current phone number and email address.

Remind App: Text 81010 with code @emeraldice to join the Emerald Ice Remind app.

Facebook: EIFSC has a Facebook page which lists any news, cancellations, updates, etc. as they come about. Greenway Emerald Ice Figure Skating Club - please find us and like us on Facebook. We also have a closed page specifically for Jr and Sr Club. Ask us to add you!

Cancellations:

In case of inclement weather and EIFSC decides to cancel all programs for the evening (day), the announcement will be sent out via the Remind app and posted on the EIFSC Facebook page as soon as a decision is made to cancel.

VOLUNTEER REQUIREMENTS

EIFSC is operated solely by volunteers. All skaters and parents are valuable assets to our club. There are many opportunities to help and your efforts are truly needed. When your skater is signing up for EIFSC, you will be asked to volunteer your time during events. There will be sign-up sheets for the following events: Spring Ice Show, fall fundraisers, concession stand, and other events. Each event will have a different committee, headed up by a board member. Parents will also need to sign up for sessions as Ice Monitors for Sunday nights. (Ice Monitors will be responsible mainly for queuing up music for Jr & Sr clubs.)

EIFSC Board Members realize the amount of fundraising expected by families for school activities, etc. can be exhausting. Due to this, EIFSC skaters may choose to do the Butter Braid fundraiser, MN Brands For Good fundraiser or pay a \$50 fundraising fee. The Club would appreciate any fundraising efforts and we ask that each skater raise at least \$50 to assist with keeping our fees to a minimum.

Volunteering requirements will be considered as part of members standing in the club. Members not in, "Good Standing" will not be able to participate in EIFSC and USFSA activities.

EIFSC FEE DESCRIPTIONS

Tiny Tot through Senior Club Skaters:

A fee is charged by the Greenway Joint Recreation Association (GRJA) for each skater to participate as an "on-ice" fee. This fee is paid to EIFSC.

- **COSTUME:**

A costume fee is charged for any skater that will be participating in the spring skating show. This is used to purchase each skater's costume and accessories.

- **FUNDRAISING:**

Fundraising money earned is used to offset Club expenses including each skater's annual USFSA/Learn to Skate registration fee.

- **REFUNDS:**

If your skater chooses not to participate in EIFSC, a refund will be granted within 2 weeks/14 days of the start of the skating season.

If your skater decides not to participate in the skating show, the costume fee will be refunded up until November 30th.

NSF FEES:

If your personal check arrives back at the EIFSC bank for Non-Sufficient Funds, you will be charged an NSF fee of **\$30** per check written.

EVENTS IN THE EIFSC SKATING YEAR

Fundraisers:

Currently EIFSC participates in 3 fundraising activities besides the spring show, the Butter Braid sale, MN Brands for Good and working in the concession stand. For the 2019-2020 skating year we have added MN Brands for Good fundraiser. You can choose to participate in our fundraising or pay a \$50 fundraising fee. Both fundraisers are held at the beginning of the skating year and they are normally delivered in late October and November. The biggest fundraiser for the club is the Spring Skating Show, usually held in March. These fundraisers help to pay skaters USFSA fees, club administration costs, such as advertising, printing, postage and some coach expenses. We also need volunteers to staff the concession stand throughout the skating season.

Spring Show:

This is a great opportunity for your skater to show family, friends and neighbors what your skater has learned over the year. All skaters are encouraged, but not required to participate in this event. It is huge event for the club. The EIFSC Board starts preparing for the year's show in the summer before it is held. Tiny Tots to Senior Club skaters participate in this event.

Your skater will skate to music and a routine designed by a coach. Every level has a different time frame to skate. For example, a Basic 1 skater may only skate for a minute and a half compared to an advanced skater who may skate from anywhere from two to two and a half minutes.

Each Spring Show has a theme and each skating level performs one program as a group. The event is open to the public and there is an admission charge for attendance. The group number that your skater will be in is the last level that the skater completed by the end of November. The EIFSC and coaches select and order all the costumes for the group performances for this annual spring show. Our spring show registrations are due by the end of November, so we can start gathering information and begin ordering costumes. It takes companies around 12 weeks to generate and ship the costumes the board selects.

GUIDELINES FOR EIFSC SPRING SHOW SOLOS

The following criteria will be used to determine whether skaters will be offered a solo, feature or specialty number in the EIFSC Spring Show:

1. The skater must be a current USFSA member.
2. The skater must be currently and actively working toward his or her next applicable skating level, unless the skater demonstrated that extenuating circumstances exist.
3. At a minimum, a skater wishing to perform a solo must be at the Pre-Juvenile Level.
4. A senior in high school will automatically be granted a solo if in good standing with the club.
5. The skater must be able to perform a single axel before show practice starts for the year.
6. A limited number of solos are available each year. In the case of multiple youth meeting the criteria for solos, the Head Coach will assign solos based on level and age of skater.

These guidelines will be reviewed annually by the Head Coach and Board of Directors. A decision for the number of solos each year will vary based on the number of acts in the show.

SKATING FUN DAY:

At our final day of skating before show practice starts, we have a night of fun skating. Skaters are invited to bring a friend with them. Popcorn and hot chocolate are provided to our skaters and their badges for the year are passed out.

FIRST AID AND DEFIBRILLATOR

The EIFSC has a First Aid kit located in the EIFSC office. Coaches bring the First Aid kit down to the ice during each class session. The Hodgins Berardo arena has a defibrillator for use at the rink, located to the left of the Arena Managers office door.

EQUIPMENT AND CLOTHING

Requirements for all levels:

- No denim
- Gloves/Mittens
- Hat
- Warm jacket
- Skates with guards
- **Hair pulled back**

****Practice dresses may be worn, as well****

Skates:

The most important equipment a skater can purchase is your skates. It is important to purchase skates made of LEATHER if possible. The EIFSC recommends that you purchase the appropriate skate for the skater's level. Beginners should avoid the more expensive, stiffer skates meant for higher-level skaters, and higher-level skaters should avoid skates with boots or blades meant for beginners. Skates may be rented or purchased in Grand Rapids through Clifton Skate.

HIRING A COACH

Parents need to hire a coach to instruct your child. The EIFSC does provide a list of available coaches. It is each parent's responsibility to contact the list of coaches for availability and coordinate lesson times with the coach.

What a figure skating coach expects from a skater:

Just as a skater deserves the respect of their coach, the coach deserves the respect of the skater.

A coach does not expect perfection or immediate mastery of new skills. However, the coach does expect the skater's full attention and best effort. Anything less from the skater is a waste of the coach's time and a waste of money for whoever is paying the coaching bill.

A coach expects to have the skater's trust. Sometimes, a coach will ask the skater to learn things that, to the skater seem unnecessary. Other times, the coach will hold off on introducing the skater to certain elements until other skills are mastered. The skater must remain focused on his/her long-term goals and trust the coach to know the best path to achieving them.

A skater who is unable to attend a lesson should notify the coach as much in advance as possible. Ample notice gives the coach the opportunity to fill the open lesson spot with another skater. Failure to notify the coach of inability to attend a lesson could result in the skater being charged for the missed lesson.

Finally, the skater or the parent of the skater is expected to pay coaching bills in a timely manner.

EIFSC RULES ON THE ICE

Please read these rules together with your child to be sure they understand our Club ice rules. Following these rules will help ensure your child has a fun and safe skating experience while participating in Club activities.

- Only coaches and skaters are allowed on the ice or in the hockey boxes.
- Chasing or horsing around will not be allowed.
- Standing around in the middle of the rink while watching other skaters is not allowed. Do this at the side of the rink or from a side box. Please do not lay on the ice. If you have fallen, get up as quickly as possible to avoid being in the way of another skater.
 - If you are hurt, do not move, call to a skater or a coach to assist you.
- GUM, FOOD AND DRINKS are not permitted on the ice. Drinks may be kept at rink side only.
- Coaches giving lessons ALWAYS have the right to play their student's music while giving their student a lesson.
- Please do not talk with coaches during someone else's lessons. You are wasting valuable ice time that someone else is paying for.
- ENCOURAGE your skater to SUPPORT other skaters as a team, as we are all skating and representing EIFSC, although your skater has a different coach.
- THE SKATER WITH THE MUSIC PLAYING always has the right of way on the ice. All other skaters are expected to watch out for this skater and not get in their way. Understandably, on occasion this may happen unintentionally.
- On Sundays, skaters will give their music to the Ice Monitor and wait their turn for their music to be played. Skaters having a lesson have precedence over another skaters' music.

EIFSC LOCKER ROOM POLICY

EIFSC provides a locker room for coaches and Senior Club skaters. Junior Club skaters can use the bleachers to put skates on. Please use the bottom two rows to keep the skate blades safe. As per SafeSport regulations, cell phones are not allowed for use in the locker room.

Locker Room Etiquette

1. Skaters should not gossip.
2. Skaters should be positive role models for other skaters.
3. Skaters should be kind and supportive by complimenting fellow skaters on their accomplishments.
4. Skaters should clean up after themselves, discarding trash and cleaning up food messes.
5. Skaters should be respectful of other skaters' belongings. A skater should not go into another skater's bag or personal belongings without permission.
6. Skaters should take care to secure money and valuables.
7. Skaters should keep the topics of locker room conversation appropriate

HOW TO EARN A SKATING LETTER THROUGH SCHOOL DISTRICT 316

Requirements to letter individually in Figure Skating:

1. The student must be enrolled at the high school level (Grades 7 – 12)
2. Student must be a member in good standing with the USFSA and EIFSC.
3. Student must pass the USFSA Pre-Juvenile Moves in the Field test.
4. Student must pass USFSA Preliminary Freeskate Test.
5. Student must volunteer a minimum of 20 hours to the EIFSC program as deemed appropriate by the advisor or an EIFSC adult coach.
6. Student shall participate in the Greenway Emerald Ice Skating show.
7. Annually complete all required registration forms and activity fees.
8. Abide by all District, MSHSL, USFS, and AFSC guidelines for academic and behavioral compliance.
9. The skating year runs from July 1, to June 30th.

If you would like to take part in this school activity, contact an EIFSC Board Member. We will need to contact your coach for information so your school district can approve your coach as soon as possible. Coaches must be approved annually. We also start tracking your skating activity starting in July.

To letter in succeeding years, a skater must progress one level higher in both Moves in the Field and Freestyle tests. A skater must also volunteer 20 hours and participate in the annual ice show each year.

A senior in high school may letter provided they participate actively their senior year and has passed the Preliminary Freestyle Test, Pre-Juvenile Moves in the Field Test, volunteers for a minimum of 20 hours, and participates in the annual ice show as a senior.

USFSA LEVELS

Moves in the Field

Pre-Preliminary
Preliminary
Pre-Juvenile
Juvenile
Intermediate
Novice
Junior
Senior

Free Skate

Pre-Preliminary
Preliminary
Pre-Juvenile
Juvenile
Intermediate
Novice
Junior
Senior

USFSA TEST SESSIONS

A vital part of USFSA is its series of proficiency tests. The tests are designed to be an accumulation of steps in the progress of the skater. The skater must fully master the skills required for one test before they are ready for the next test. USFSA tests are administered and sanctioned according to rules established by USFSA and enforced by member figure skating clubs. Each club has a "test chair" whose responsibilities include the supervision of all tests taken within the club.

During the test, the skater is evaluated by a panel of USFSA judges, usually three. Judges award the skater marks based on established standards, and the skater must successfully obtain a minimum score from two of the three judges in order to pass the test. This minimum score increases as the test level advances. Copies of the judges' score sheets, which include their marks and comments, are provided to the skater. If a test is marked "retry" a skater must wait 27 days prior to retrying.

COMPETITIONS

Various clubs around the state host competitions throughout the year. Entering competitions is both exciting and serious. The skater's coach can lead the way, from deciding when the skater is ready to compete, to guiding the parents through the necessary paperwork, to giving the skater hints on handling the fun and the stress.

Typically, the registration form for a competition is due to the competition registrar from six to eight weeks prior to the first day of competition events and is available on-line via the hosting club's website. Payment of registration fees must accompany the registration form. Fees vary by club. Approximately two weeks prior to the competition, the skater will be notified of the date(s) and time(s) of his/her official practice ice (if official practice ice is offered) and the date(s) and time(s) of the skater's competition events. The skater should share that information with his/her coach.

Competitions:

| Competitions | Dates | Host city |
|--|----------------------|----------------------|
| Granite City Classic | November 8-9, 2019 | St. Cloud, MN |
| Northern Star Skating Competition | January 23-26, 2020 | East Grand Forks, MN |
| Northland Skating Competition | Jan. 30-Feb. 2, 2020 | Duluth, MN |
| Red River Valley International Classic | February 14-16, 2020 | Fargo, ND |

TYPES OF EVENTS AT COMPETITIONS

Freestyle (long program) and compulsory or short program events can always be expected. Other possible events include spins, jumps, moves and artistic/interpretive. A freestyle (long) program incorporates footwork and various jumps and spins in a routine set to music.

In a compulsory moves or short program event, the skater must do very specific, required elements while concentrating primarily on technique. Most compulsory moves events are skated without music and on only half of the ice surface. In contrast, short program events are skated with music on the full sheet of ice. Short program events are offered for skaters at the Intermediate and higher levels, although some competitions do offer Juvenile short program events.

A spin program includes specific, required spins with connecting footwork patterns.

In a jumps only event, the skater does not perform a program. Instead, they execute specific, predetermined jumps according to the requirements outlined in the competition announcement.

In a moves in the field event, a skater at a given competition level must execute one or more of the moves required for the moves in the field test for that same level. The specific moves to be executed are predetermined by the competition committee.

An artistic program combines music, costume, jumps, spins, and musical interpretation.

HELPFUL HINTS AND TIPS

Fitting Tip:

Skates must fit properly! Skates that are uncomfortable or are too big will become a frustration to the skater. Many people quit skating before they really give it a chance because “It hurts my feet/ankles.” This is a sign of improper fit. Your feet should not move around inside your boots, especially the heel. Your heel should be as far back into your boot as possible and should feel snug. Another important factor is support. Be aware that your skate size is not always the same size as your shoe. Usually the skate size is smaller than their regular shoe size. The boots should feel snug, but your toes shouldn’t be pinched. The closer the fit, the more control you will have. You should be able to place a pencil behind the heel for proper fit! Wear the socks you intend to wear when fitting a skate.

Lacing tips:

How skates look when they are laced up can offer a clue as to how well they fit. Tap your heel back into the boot as far as you can. Pull the tongue completely up (giving it a gentle pull) keeping it straight up and centered. Starting with the second or third set of laces from the bottom, begin to pull the laces tightly, one pair at a time, so the boot closes well over the front of your foot. It is important not to let the laces slip. The laces should be snug through the ankle area and the bottom two sets of hooks. The top two can be a little bit looser to allow for some flexibility. If extra lace remains, try and cross it over the hooks neatly. Do not wind the extra lace around the skates if possible. If your skate hurts or doesn’t feel right, spend time re-lacing and adjusting.

Guards and Soakers:

You will need plastic guards for your skates to use while walking to and from the ice. You should keep the guards on the blades until right before you get on the ice. If you do not use guards when walking with skates on, the dirt from the floor will make your blades dull. DO NOT walk on the cement, as this will damage your blades very quickly. When you are done skating, you should dry off the blades with a cloth or towel. You can use “soakers” to store your skates. Soakers are cloth guards that fit over the blades when you are done skating. Using the cloth guards instead of plastic guards when you take your skates off and put them away prevents the blade from rusting and losing its edge. It is VERY IMPORTANT to keep your blades maintained and sharpened.

Practice Dresses:

Some skaters wear “practice dresses.” These are dresses and tights purchased specifically for practice and lessons. Skaters typically wear sweaters, sweatshirts or jackets as an outer layer with skating dresses.

Breaking in New Skates

There are a few proven methods that help break new skates into skater’s feet.

1. Have the skater put on the skates. A parent turns on a blow dryer on hot heat and blows the hot heat on the skate until the skater can feel the warm from the blow dryer. That tends to soften up the leather in the boot to the skater’s foot. Repeat as often as needed.
2. Have the skater put on hot wet socks into the skate boots and wear for a half hour. This tends to soften up the leather in the boot to the skater’s foot. Repeat as often as needed.

SKATER CODE OF CONDUCT

Emerald Ice skaters and their parents/guardians each sign a code of conduct with Greenway Joint Recreation Association at registration. The code of conduct reads as follows:

“PLAYER CODE OF CONDUCT for GREENWAY JOINT RECREATION ASSOCIATION

Player’s responsibilities are simple; be respectful to others, be responsible, play fair, always do your best, and always exhibit good sportsmanship.

As a Greenway Joint Recreation Association participant, I hereby pledge that:

- I will encourage good Sportsmanship from fellow players, coaches, officials, parents and fans.
- I will treat all my coaches, other players, officials, parents and fans with respect regardless of race, sex, color, creed or religion.
- Be a team player and support my teammates.
- Be on time and attend every practice and game that I can and will notify my coaches if I cannot.
- Do my best to listen and learn from my coaches.
- Encourage my parents to be involved with my team.
- Refrain from using violence, unfriendly language, bullying or taunting to any coaches, players, parents, etc. This includes all social media outlets.
- I deserve to play in an environment that is free of drug, tobacco, alcohol, and expect adults to refrain from their use at all sport events.
- I will not use drugs, tobacco, or alcohol.
- I deserve to have fun during my participation and will alert parents or coaches if it stops being fun!

I also agree that if I fail to abide by the above rules and guidelines, I will be subject to disciplinary action levied by the Greenway Joint Recreation Association that could include, but not limited to the following:

- Verbal warning
- Written warning
- Player game and/or practice suspension
- Player suspension for season
- Player being expelled from league”

EIFSC follows these same policies and procedures. Skaters will be given a verbal warning for the first infraction of rules. Should a second warning be necessary, the skater and parent/guardian will be given a written warning with a potential suspension and/or termination of membership. This includes disrespect and bullying of other skaters, coaches or members of the public at the arena.

U.S. Figure Skating Parent Code of Conduct

EIFSC is committed to creating a safe and positive environment for members' physical, emotional and social development and ensuring that it promotes an environment free of misconduct.

Preamble: The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: respect, responsibility, fairness, caring, trustworthiness and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character" (Arizona Sports Summit Accord).

By signing below, I hereby agree that:

1. I will encourage good sportsmanship by my actions, demonstrating positive support for all skaters, coaches, and officials at every practice, competition and test session.
2. I will place the emotional and physical well-being of my child and others ahead of my desire to win.
3. I will encourage my child to skate in a safe and healthy environment by maintaining a respectful and courteous attitude to others.
4. I will promptly inform my child's coach of any physical/mental disability or challenge affecting my child that may affect the safety of my child or others.
5. I will teach my child that doing his/her best is more important than winning.
6. I will do my best not to ridicule, bully, blame, or yell at my child or other skaters, coaches, officials or volunteers in response to a poor performance or for any other reason.
7. I will always do my best to make skating fun; and will remember that my child participates in sports for his/her own enjoyment and satisfaction.
8. I will teach my child to treat other skaters, coaches, fans, volunteers, officials, and rink staff with respect, regardless of race, creed, color, sexual orientation or ability. I will also take action and report any acts of bullying, harassment or abuse to the appropriate authorities.
9. I will applaud any effort in both victory and defeat emphasizing positive accomplishments and learning from mistakes.

10. I will teach my child to resolve conflicts calmly and peacefully without resorting to hostility or violence.
11. I will be a positive role model for my child and others.
12. I will demand a figure skating environment for my child that is free of drug or alcohol abuse and agree that I will not use or provide to a third-party any illegal drug prohibited by applicable federal, state, or municipal law.
13. I will not assist or condone any athlete's use of a banned substance as described by the International Olympic Committee, International Skating Union, United States Olympic Committee, or U.S. Figure Skating, or, in case of athletes, to use such drugs or refuse to submit to properly conducted drug tests administered by one of these organizations.
14. I will expect my child's coach to follow all requirements of U.S. Figure Skating and the Professional Skaters Association, to continue their education and training through programs offered by U.S. Figure Skating, the Professional Skaters Association and other accredited organizations.
15. I will respect my child's coach and refrain from "sideline" coaching my child or other skaters.
16. I agree to educate myself regarding the proper procedures to follow when establishing or terminating a coaching relationship.
17. I will respect the decisions of officials, their authority and decisions during competitions and test sessions and teach my child to do the same.
18. I will show appreciation and recognize the importance of volunteers and club officials. I will fulfill my responsibility to help my club with membership, special projects, competitions and test sessions.
19. I will become familiar with the rules of the U.S. Figure Skating and teach my child accordingly.
20. I will support and respect all skaters and their right to participate.

PARENT/SKATER ACKNOWLEDGEMENT

Name of Skater: _____

I have read the ENTIRE document titled “Emerald Ice Figure Skating Club Handbook” from cover to cover and understand and agree to the guidelines set forth.

I also understand that the policies and procedures may change throughout the year. Modifications to this document may be made via letters or verbal communication from the Board of Directors.

Should I have any questions regarding any policies or procedures, I understand that I should contact the Board of Directors for the appropriate answers.

I understand that I must sign this to be able to be a good standing member with the Emerald Ice Figure Skating Club.

I understand that by signing this I agree to abide by the U.S. Figure Skating Parent Code of Conduct and the policies and procedures of the Emerald Ice Figure Skating Club.

2019-2020: Sign, detach, and return to EIFSC

Skater’s Printed Name

Parent’s Printed Name

Skater’s Signature

Parent’s Signature
