



Center Skating Academy @ NESC Skating Teams

Team skating is one of the fastest growing disciplines in figure skating. Three to twenty-four+ skaters performing footwork, wheels, circles and intersections requiring unique skating skills set to music. To be successful in Team Skating, skaters must understand how to work as a team while learning respect, dedication and sportsmanship.

To be part of a Skating Team is an experience unlike anything else in figure skating. Nothing motivates and pushes you to be your best like teammates. The relationships you build with your teammates are very special; however, a successful Skating Team is made up of more than just athletes. Parents, coaches and team managers all play important roles in the success of the team.

As a result, skating on a Skating Team requires a personal commitment to the team and its members. A team can only succeed with all its members working together. While skating on a team is fun, our goal is to offer a rewarding Team experience that helps to create more confident skaters. We hope you'll enjoy this experience with our program.

ELIGIBILITY

*All skaters must be current members of ISI. Skaters do not have to represent Center Skating in individual events when joining the team.

*Skaters must skate on at least one other session a week. This can be a class or private lesson and allows team skaters to continually improve their skills. This session can be in our facility or in another.

*Team coaches will make all decisions regarding team placement. Skaters are placed in teams based on age, skill level and experience.

*If you cross skate to a higher-level team, you must remain in good standing on your initial team to continue to cross up to the higher team. If not, you will first be moved to an alternate position, with secondary action of removal from the higher team.

*An alternate skater is a skater that is not assigned any specific spot in the team line, but needs to be able to skate any and all spots if the circumstance arises. Any skater can be moved to an alternate position at any time.

COMMITMENT

*All skaters joining our teams, are committing for a Full Skating Season. This Season is September through June 30th.

*Skaters who leave in the middle of a season will still be responsible for full season payment.

*All skaters will be in attendance for all competitions, shows, exhibitions. Dates and times of these events are non-negotiable.

*During all events that the teams are participating in, you are expected to block out the whole day or weekend for the event.

*For ALL events, you will arrive at the designated venue at the time you are given. Being late is not acceptable. Make sure all electric cars are properly charged, and you have in advance located any/all charging stations. You may need to cancel any other skating lesson or activity. This is expected, you are an integral part of a TEAM, you are not skating as an individual. Your tardiness affects ALL skaters and coaches. You will need to plan on missing friends parties and/or rescheduling your own party to a different date.

*Events can run early or late and on occasion, team skaters may have to stay after skating. Unless when stated, team skaters will be asked to stay or arrive early to support other teams.

ATTENDANCE

*Attendance at all practices is imperative for the team to be successful and to make the investment and commitment all the team members are making worthwhile. When one skater is absent it negatively affects the entire team.

*While we expect all team members to attend every practice, we do understand that sometimes an absence is unavoidable. If in the event a skater is absent, an email should be sent to the coaches via our Sportsyou app as soon as possible.

*3 tardy or 3 early departures will be considered 1 absence. Excessive absences (**more than 3 every 9 weeks**) put your teammates at an unfair disadvantage and can ultimately result in your dismissal from said team.

*Last practices prior to an event are mandatory. Not attending this practice could result in your skater being moved to an alternate position and not skating at the event. You will still have to attend the event, and your skater will still have to dress the part of a team skater and stay with the coach during the event. Being an alternate DOES NOT mean you are exempt from an event.

*Skaters should not plan vacations between January 1st and June 30th of the competitive year. If you plan a vacation, please align it with school vacations and give a minimum of 3 weeks' notice to your team coach. From January to June there will be a minimum of 1 competition/show/exhibition a month, with some months having 2 events.

PRACTICE

*Please be considerate of your teammates and be on time for practice. To ensure the safety and well-being of all team members, clothing that restricts movement such as jeans, mittens or bulky hoodies/jackets must **NOT** be worn on ice at practice. Likewise, jewelry, particularly bigger earrings and necklaces should also not be worn on ice.

*Gloves, skating dresses, skating pants and a heavy long sleeve shirt and vests are preferred.

*No loose hairs or low/loose ponytails are acceptable. All hair must be pulled back away from the face. Skaters with long hair, it is suggested you braid your ponytail or pull it up into a bun. Skaters will be holding each other in various holds and long or loose hair could accidentally be pulled.

*Talking during practice, while your coach is speaking or when another teammate is speaking when asked to do so is unacceptable. You are to be respectful and quiet when instructions are given. Skating away from the coach or twirling in the background when the coach is speaking is also unacceptable. Rude behavior will not be tolerated and will result in a verbal warning 1st to the individual with a message being sent to the parent that a verbal warning went out. 2nd offense will result in a written warning and a sit-down meeting with the coach, parent and skater. 3rd warning will result in the skater being moved to an alternate position and a 4th warning will be final, resulting in removal from the team.

*Teams may sometimes have off ice practice either before or after on ice practice. All skaters are expected to be there.

*Off ice practice is crucial when learning new formations, walking through programs for clarity of skaters, and helps in team bonding. All appointments, activities etc....should not interfere with any on/off-ice practice time.

CELL PHONES & FRIENDS

*Cell phones can be distracting to skaters and their teammates. Cell phones are not permitted on the rink side during practice or competitions.

*Cell phones should not be in the locker rooms during competitions or other events.

*During practice all friends and family must watch practice from the catwalk seating in our rink or from the overhead seating just outside the rink.

*During competitions only those assigned to be in the locker or skater ready area will be allowed in those zones. All other spectators for the skaters must be in the seating areas of the venue we are in. This includes friends, girlfriends/boyfriends. They must remain in the stands and are not allowed in any skater ready area.

*Focus needs to be on the team, coach and event(s) about to be performed. While support from friends is welcomed, the individuals need to understand that the support needs to be from the stands and not down at the ice surface.

COMPETITIONS

*The Team Coaches will determine the competition and performance schedule. A list of dates and location of the events the team is participating in will be given out at the beginning of the year. It will also be posted on the team Website.

*Competitions can be one of the best experiences. To make this experience positive for everyone we ask the following to be adhered to.

- Team coaches are responsible for team costumes, unless otherwise stated.
- Skaters cannot alter the color of their hair or skates for a competition. This means skaters are expected to have a natural hair color and not two toned or multicolored hair for all competitions.
- Skaters are not allowed to wear their costume for individual use during the season. Unless approved by the coach.
- Skaters and parents are asked to always display good sportsmanship. Be encouraging to fellow competitors and supportive of all who are in attendance.
- Competitions are very stressful as the work of the entire season comes down to our performance. While we'll have good skates and not so good skates, all team members and parents are expected to always demonstrate excellent sportsmanship.
- NO FOOD/DRINK ALLOWED IN LOCKER ROOMS. Only water in properly sealed bottles (no straws) are allowed in the locker room.
- Skaters may not eat while in their team costumes.
- ALL skaters must arrive to the event venue at the time given. No exceptions.

SCHEDULES AND INFORMATION

*The season schedule will go out at the beginning of the year. The schedule will also be posted on the website and in the Sportsyou app

*Our parent board will host monthly parent gatherings called "Coffee Hour". During these gatherings our board will be able to answer any questions you may have, will hand out and discuss any updated information and go over any information you will need for the next upcoming event. These will start in October.

*You are responsible for maintaining the schedule handed out. While we give the information, it is not our responsibility to ensure you mark the schedule in your calendar. If you have any questions or concerns, please go through the proper channels to ask and receive the needed information in a timely manner.

FINANCIAL OBLIGATIONS

Each skater, parent/guardian is responsible for all payments. If a skater is dismissed or quits the team, the skater's parent/guardian will be required to fulfill all financial obligations. When choosing your payment option, the following payment schedule **MUST** be adhered to.

<u>Payment Schedule</u>	<u>Amount Due</u>	<u>Due Date</u>
Full Season		
2 payments of		
5 payments of		
Monthly payments		

**Fee included items & Additional fees: See attached CSA Fees handout*

VOLUNTEERING

*We ask for a minimum amount of volunteering. Each family is responsible for: 20 hours during the year. Opportunities for these hours: Labor Day events, February competition, Spring Ice Show

*Additional areas of opportunities below.

- **Fundraising/Social Event Coordinating** – Assisting with organizing, Set up, Break Down, Marketing etc...
- **Competition Assistance** – Providing help with Hair, Make up, Locker room assistance (youth teams only) etc...
- **Costume Assistance** – Assist with measuring skaters for costumes, organizing/labeling costumes etc...
- **Prop Assistance** – Building, storing, transporting, set up and break down etc...

FUNDRAISING

The primary objective of our team fundraising is to reduce added event, costume or prop costs for all team members. The number of fundraising opportunities held during the year will be determined by a joint effort of the Team Coaches and parents. Details will be provided as opportunities present themselves. All proceeds from fundraisers are held in a separate account and benefit all team members. Financial statements are available upon request.

BOARD

Our parent board was created to help answer and guide parents and skaters to where information that they need can be found.

President – Jennifer Barter: oversees board meetings, runs parent coffee info sessions, assists with events

Vice President – Rhonda Krolikowski – assists the president and oversees CSA competition skater and coach register

PLEDGE

Please review with your skater the attached pledge regarding the level of commitment they are making to the team. Copies should be signed by the skaters, parents and submitted to the appropriate Team Coach. You will be held to the contract and pledge put forth by the team. Choosing to sign without reading and fully understanding fall on you the parents/guardians and the skaters, not the coaching staff, team manager or board members.



**Center Skating Academy @ NESC
Skating Teams**

2025-2026 Skater's Pledge

- I will give my best at all practices, exhibitions, shows and competitions. I will demonstrate excellent cooperation, conduct, teamwork and sportsmanship.
- I will always treat my team members and coaches with respect. Team spirit grows from respect for each other.
- I will attend all practices on time. I have read the attendance policy and realize my participation affects my team. If practice is missed, I will ask my parent/guardian to notify the coach. I understand that this is a team, and excessive absences (listed above in the attendance policy) can result in my removal from the team.
- I will be warmed up and on the ice at the start of practice. I will continue and improve my individual skating skills outside of team ice practice as indicated in the team contract.
- I understand that decisions are made in the best interest of the team, and I may not get my way. I trust my coach to make the right decisions.
- I promise to give the coach my full attention, work hard, work with my teammates in a cooperative manner, listen to instruction, be ready to move quickly to my position, and do my best every time through the routine. I understand that jumping, spinning or just wandering is not allowed during practice when the coach is instructing and if I violate this rule repeatedly, I will be asked to leave the ice. I understand it is important to be quiet and focused when being given instructions so the team can work cohesively as one unit.
- I understand that I am making a commitment to be at all team practices, exhibitions, competitions and I will not plan additional activities on and during the dates of the above-mentioned events.

Skater's signature

Date



**Center Skating Academy @ NESC
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2025-2026 Parent's Pledge

- I understand all the rules, expectations, time & financial commitments
- I will support the team and the coaches under all circumstances.
- I will foster good sportsmanship with all our skaters.
- I have read the attendance policy and acknowledge the importance of absences.
- I will refrain from making derogatory statements about another team member, other skating clubs, the routines presented by your skater's team and other teams or coaches.
- I understand that decisions are made in the best interest of the team, and I may not get my way. I trust my coach to make the right decisions.
- I am responsible for paying all fees in a timely manner and will be consulted on out of the ordinary financial matters.
- I understand that my child is making a commitment to the teams at Center Skating Academy and that they are to attend all practices, exhibitions and competitions. I will not schedule additional events or activities during the dates provided by the coaches to ensure my skater is at all events listed above.
- I will communicate all potential conflicts or concerns to the coaches immediately without delay when they arise.
- I will arrive at the event location at the time I am given. I understand being late (more than 15min) can result in my skater not skating at the event, as our tardiness may compromise the performance.
- I will consistently check the Sportsyou app that is used by the teams for all updates and any/all changes made to the schedule. I will not accuse anyone in my negligence for not properly reading and responding to any and all messages put forth via the team communication in Sportsyou.
- I will contact the event director personally for any missed registration deadlines. I understand a missed deadline means my skater will not be able to participate in any event where I was responsible for registering my skater.
- If I have a conflict with bringing my skater to practices or events, I will immediately reach out to the team coaches to help work out a transportation solution.

Parent signature

Date