



Welcome
to the
2022-2023
Competitive
Synchronized Skating Season



Team Policies Handbook

Mission Statement

Chiller Synchro Synchronized Skating is dedicated to helping team members grow as individuals and athletes, by teaching responsibility, teamwork, discipline, and commitment through a sports team environment, while having fun and making new friends.

Team Member Expectations (Summary)

- Give 100% at every practice. Be on time, dressed and ready to go 15-minutes ahead of scheduled time.
- Attendance at all practices (on-ice and off) is imperative for the success of this team. Absence or tardiness will result in consequences determined by the coach and may include running laps after practice, sitting out of a competition and/or exhibition, or skating as an alternate.
- Behave like a professional — progress can only be made with a cooperative and respectful practice environment. Disrespectful or inappropriate behavior will result in being asked to leave.
- Understand that you contribute to the success of the team. Follow through with your commitments.
- Talk to your coach if you have a problem or do not understand what is expected.
- Respect the coach and the decisions they make. Understand that you may not always get your way and that decisions need to be made in the best interest of the entire team.
- Respect your teammates at all times and in all places. This includes via social media, texting, etc.
- Demonstrate good sportsmanship at all times.
- Discipline — A Team member may be terminated from the team for theft, lying, unsportsmanlike behavior, or any other behavior deemed by the coaches to be a detriment to the team. You remain financially responsible if removed for disciplinary reasons.
- Water bottles encouraged. Water only, clearly marked with team member name.
- Cell phones not permitted at on/off ice practices, performances or competition.

Rules and Policy

Article I: Eligibility

Section 1. Purpose.

Synchronized Skating is a team sport requiring participation of all team members. All team members need to satisfy eligibility requirements of U.S. Figure Skating (USFS) and The Skating Club of Central Ohio (SCOCO), and Ice Sports Industry (ISI).

Section 2. Policy.

- Team member must be a member in good standing with U.S. Figure Skating, and SCOCO.
- Team member must meet the age and test requirements for their team.
- Team member must take private lessons a minimum of once per week.
- Team member must practice on their own on and off the ice.

ARTICLE II: Membership

Section 1. Purpose.

Membership in required skating organizations is essential to maintaining eligibility. Also encourages involvement with the skating community.

Section 2. Policy

- Team members are required to have SCOCO membership. (Home Club or Associate)
- Team members must maintain "member in good standing" status with SCOCO and Home Club.

Article III: Attendance

Section 1. Purpose.

Attendance at all practices, performances and competitions is required. A team member's absence disrupts the team's ability to learn and perform choreography accurately. Absence or tardiness creates undue hardship for fellow teammates, and coaches; and undermines the success of the team. In smaller teams, it may cause the team to be disqualified from competition.

Section 2. Policy

- Team members are required to participate for the entirety of the season.
- Team members required to be on time and attend all on and off ice practices, performances and competitions.
- Team members must be on time, prepared, and wearing proper attire and footwear.
- Excused absences, for illness, injury or school obligations should be sent to team coach asap before missing required participation.
- Missed material should be learned prior to returning, so as not to disrupt team progress.
- Violations of attendance policy may result in disciplinary action.

Article IV: Conduct

Section 1. Purpose.

To represent The Team, The Chiller, SCOCO and U. S. Figure Skating in accordance with the integrity and respect those institutions require. To ensure positive, safe and respectful environment. Be kind; be respectful.

Section 2. Policy

- Treat all coaches and team members with the respect you want returned.
- Focus and listen to instruction of Coach.
- Refrain from unnecessary social interaction and distraction of teammates.
- Ask questions and give appropriate feedback when asked.
- Maintain positive attitude, strive for the precision this sport requires.

Section 3. Policy Behavior and Social Media

- Be respectful of your team, others and the sport.
- Use appropriate language (including background music).
- No sexually suggestive or explicit language, dancing or posing.
- No references to drugs, nudity, illegal or untoward behavior.
- No threats or violence of any kind.
- No offensive references regarding any individual or group based on race, religion, age, gender, orientation, team association, etc.

Article V: Etiquette

Section 1. Purpose.

To promote respect among and between coaches and team members, and ensure a distinct focus on achievement of goals for the program.

Section 2. Policy

- Respect the contribution of each team member and coach.
- When team is taking direction from coach, team members will stand in semicircle around coach, listening with hands behind their backs.
- Be patient. Team members have varying strengths. Celebrate the strengths, be understanding and helpful during the struggles.
- Time is very short. Refrain from unnecessary or unhelpful commentary.
- Socializing is a distraction during on/off ice practice, and inhibits the progress goals of the team. Limit those conversations and actions to before or after practice hours.

Article VI: Attire

Section 1. Purpose

Synchronized Skating is a precise sport. Skaters should be similarly dressed for practice. When analyzing a session, clothing should not be what stands out. Clothing and hair should not be a safety issue.

Section 2. Policy

- Solid Black tops.
- Solid Black Pants/no flared pants.
- Proper footwear. Practice -sneakers suitable for training and conditioning.
- Exceptions for “Themed” practices.
- Hair tied back and off the face.
- Extra long hair-Consider bun or braid for safety of you and your teammates.
- No bracelets or watches, no rings.
- No Hair pins.
- No necklaces, dangle or hoop earrings.
- No gum, cough drops or candies.
- Warm-ups on when arriving at all performances and competitions.
- Knee braces must be worn beneath tights.

Article VII: Travel

Section 1. Purpose.

To creating a safe and positive environment for members’ physical, emotional, and social development and ensure it promotes an environment free of misconduct. Adherence to travel guidelines helps to reduce the opportunities for misconduct and promote safety. All members shall adhere to this travel policy at all times.

Section 2. Policy

- For all practices and competitions, it is the responsibility of the parent to get the athlete to the rink by the designated time.
- During events, skaters will travel in the manner directed by the coaches.
- All skaters are required to stay at hotels selected by the team unless permission is requested a minimum of one week in advance, and permission is granted by coach.
- Families are responsible for making hotel and rooming arrangements for their athlete at hotel designated by team.
- Team members will not leave the hotel or arena premises without notifying the coach.
- Team members will utilize the buddy system.
- Team members are not permitted to walk around hotel or arena alone.
- Parents are responsible for travel related expenses during travel.
- Team members will adhere to travel schedule provided by coach.
- Coaches may not drive a skater to/from any practice, performance or event unless given unambiguous written permission.
- Team members may not visit coaches’ room unless for team meeting purposes such as hair and make-up.
- Coaches may not enter team members’ rooms without parent or chaperone.
- Two-deep leadership protocol will be followed.
- Chaperones are selected at the beginning of the season, and will remain chaperones for the duration of the season, unless circumstances require otherwise. All chaperones will be expected to complete SafeSport training and a background check as required by U.S. Figure Skating.

- Team members must attend all team related functions set by the coach while traveling.
- Team members will follow coaches' curfew during team travel.
- In accordance with U.S. Figure Skating's SafeSport policy, any suspected or observed abuse or misconduct must be reported immediately by the athlete to one of the following people, of the athlete's choice: Any member of the organization's coaching staff, any chaperone, or any member of the organization's leadership/management team.
- Swimming at hotels will be at your coach's discretion at each competition. Respect your coach's decision.

Parent Expectations

- Be ambassadors of goodwill — teach the skaters good sportsmanship in success, failure, and everything in between.
- Support the team in all circumstances. Do not speak poorly of any team members, parents, or professionals in the presence of your skater, in front of other parents or skaters, or in the lobby.
- Respect decisions of the coach. The coach is a hired professional. Parents must trust and support the coach's decisions and demonstrate this to their child.
- *Let coaches' coach.* Insist that your skater participates in a manner consistent with the team's plans.
- Understand being a member of a team is different than being a singles skater. Some individual decision-making authority will need to be yielded in the interest of the team.
- Avoid comparisons of skaters, coaches, etc.
- Know your child's schedule — practice, exhibition, and competition and ensure that your skater is on time. Inform the coach in advance if you have a conflict. Check school and activity calendars early in the season and plan accordingly.
- Use the 24-hour rule — if you have a complaint, please wait 24-if you have a complaint, please wait 24-hours before addressing it with the appropriate parties. Do not address complaints via email or text. We strive to resolve conflict in the best manner for all involved.

Parent Involvement

For those wishing to offer help for the team, we have a number of opportunities to do so. Items listed below are only a portion of the options we have. We welcome your input and ideas to further the success of the team!

Fundraising	Social/Team bonding
Travel Committee	Philanthropy/Community Service
Recruiting	Themed Practices
Skater Appreciation	Parent Information

Financial Responsibility and Commitment
2022 –
2023 Competition Season

Our goal in creating this year's budget was to be very mindful of rising costs and increasing demands on time, while continuing to develop a competitive synchronized skating program. For the 2022-2023 season each team member will be responsible for 9 payments of \$240 beginning August 2022 continuing through and including April 2023.

Monthly payments cover ice time, performance attire, coaching fees, and competition registration fees. Travel costs (hotel, transportation, food, etc.) are not included.

I, _____ (team member) acknowledge that I have received a copy of the Chiller Synchro Competitive Skater Contract. I have read the entire contract, and hereby agree to abide by all of its terms and conditions. I have read and understand Articles I through VI, and agree to fulfil my obligations for the entire 2022-2023 synchronized skating season. I understand that failure to meet these obligations may jeopardize the success of the skating team, subject myself to disciplinary action including, but not limited to, suspension or dismissal from the skating team, and may alter my status as a member in good standing with U.S. Figure Skating.

X _____
Skater Signature

X _____
Parent or Legal Guardian Signature

Date

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X _____
Skater Signature

X _____
Parent or Legal Guardian Signature



Date

Chiller Synchronized Skating

Contact Information

Team Management

Andrea Giovanello
614.264.4565
agiovanello@thechiller.com

Christine Slagle
240.654.2778
cslagle@thechiller.com

Coaches

Mellissa Gallagher
Band: @Coach Mellissa
937.344.6465

Shelby Stewart
Band: @Shelby Stewart
614.353.6625

*Coaches preferred contact is by Band App.