

The Inner Edge Synchronized Skating Teams Handbook & Registration

Synchronized skating (synchro) involves teams of 8 to 16 skaters performing various moves on the ice in unison to music. Participation on a synchronized team allows skaters to increase their individual skills while benefiting from the social aspects of a team sport.

All teams are expected to take the synchronized skating program seriously. Once committed to the team for the given season all skaters are required to uphold their financial responsibilities. Fees for competitive teams will generally be higher, attendance requirements are stricter, and there will be a greater number of practices. The number of teams in each category will depend on the number of interested applicants who can meet team requirements.

All skaters are welcome providing they can perform certain moves as indicated below. Placement on a particular team will be based on skating level and age. Ultimately, team assignments will be determined by the Synchronized Skating Coordinator and the team coaches. Please note: all teams have the opportunity to compete and exhibit their programs.

All skaters must be or become members in good standing with U.S. Figure Skating either through the Knoxville FSC or the Basic Skills program depending on the level of the assigned team.

Minimum Skills for Inner Edge Teams

Youth Team 1

- Lunges on both feet
- Mohawks & Three turns
- All stops, both feet
- Strong backward skating skills
- Depending on the team assignments, skaters may be required to be past a certain level (i.e. pre-preliminary, preliminary, pre-juvenile)

Youth Team 2

- March to music
- One foot glide 20'
- Backward two-footed skating
- Backward and forward swizzles and pumps
- Snowplow stop

Adult Team

- March to music
- One foot glide 20'
- Backward two-footed skating
- Backward and forward swizzles and pumps
- Snowplow stop

Cost for Inner Edge Participation

Basic fees:

- Commitment Fee \$200
 - This fee is applied toward Ice time costs and is non refundable
- Coaching and Administrative Fee
- Ice time fee balance
- Competition Fees

Additional costs that may be due throughout the season

- Team Jackets
- Team costumes
- Competition/exhibition fees
- Additional ice/practice time as necessary for competitions/exhibitions
- Coach competition costs

Financial Agreement:

Agreeing to the financial commitment of an Inner Edge team is just that, A COMMITMENT. Being part of a team is a learning experience for the participants involved, including skaters, parents, coaches, and families. Knowing the costs and time commitments required to participate in the sport of synchronized skating is important and should be shared upfront with all parties involved.

Fees for the Inner Edge are due on the dates provided in the calendar of events. These fees must be paid in full and on time. It is expected that the skater is able to pay for the fees involved with Synchronized Skating. Again, this is a commitment and should be taken seriously. Discussion and consideration of the fees is necessary in order to determine if the sport of Synchronized Skating is for your skater.

Work Ethic: Skaters are expected to work as a team and participate fully in all practices and teambuilding sessions. The coach may answer any questions or concerns at the appropriate times. Yelling and negative feedback is discouraged at all times. POSITIVE reinforcement only!

*Individual practice is necessary for the skater's and the team's growth. Skaters must be on the ice at least for one hour per week other than team practice time.

Skater in Training

Inner Edge encourages skating development. Skaters who are new to the sport and may not be at the same level of ability as the majority of the team may be asked by the coach to work as a team skater in training. A team skater in training must follow all policies of the team agreement and know that they are considered to be a member of the team. Progress will be monitored and when the level of the skater has improved they may be asked to join in the line permanently. The more training a skater receives on and off the ice in skating and perhaps other sports will only improve their growth in synchronized skating.

Competitions:

Expectations: Skaters and families will be representing The Inner Edge and The Knoxville Figure Skating Club when traveling to competitions. A positive and fun attitude toward the sport, teammates, coaches, parents, and the competition is expected from all skaters and families.

If a skater is unable to participate in a competition, he/she will train as a skater in training

Time: Skaters are expected to be at practices on and off the ice as well as meetings or team dinners/get together on time. When traveling for Synchro you are traveling as a team and are expected to be punctual.

Dress code: Skaters are expected to wear clothes that represent the Inner Edge. Attire for practices/traveling will be determined at the beginning of the season. Skaters must always try and look their best and dress with a smile ☺

Travel Policy:

- **Transportation:** Transportation may be provided for skaters and families if all agree. Otherwise traveling to and from competitions is up to the parents to decide car pooling. Skaters and Families will be responsible for their own travel and hotel expenses as well as the coaches' travel and hotel expenses.
- **Rooming:** The team is required to stay at the same hotel at competitions.
- **Equipment:** Dresses and any other equipment (skates/bags/coats/tights etc) will be purchased by the skaters themselves.

Extra Practices: The Cool Sports schedule is filled with events and booked ice times throughout the Inner Edge season. If the opportunity arises and ice time does not conflict with school or work, skaters will be expected to be at the practices.

Team Spirit and Identity

One of the most important aspects for the success of the teams is for the members to form a bond with each other and the team. For this reason, skaters will be strongly encouraged to stay with their team for an entire season. Additional social activities may be planned during the sessions to strengthen the team identity and personal friendships.

2008 Competitions/Exhibitions

- November 2nd Hillsborough NC
- November 22nd Mountain State Synchro Skate Charlotte, WV
- Ice Bears games
- Cool Sports Ice shows/exhibitions

Organizational Structure for the Inner Edge Synchro Program

The following positions are involved in the management of the Inner Edge program. Note that all positions report to the Synchronized Skating Coordinator.

- **Synchronized Skating Coordinator**
Responsible for the overall management of Inner Edge. Works closely with all participants to ensure clear communications and the success of the synchro program.

Working with Cool Sports, determines session schedules and overall budget for the Inner Edge Synchro Teams. Is the primary contact person for Inner Edge Teams and serves as the direct contact between Inner Edge and USFS/PSA/KFSC/COOL SPORTS. Determines overall structure and policies, with the advice and counsel from the positions listed below which shall serve as the Inner Edge Steering Committee. Appoints the Inner Edge Accountant and Fundraising Chairperson.

- **Team Coaches:**

Responsible for the overall technical and artistic development of the team. Determines schedule (working with the SSC and Inner Edge Steering Committee) for practices (on and off ice) team building sessions, competitions, and exhibitions. Chooses music/theme of the team's program, choreographs the program in accordance with USFS rules and regulations, communicates with skaters and parents on their responsibilities and roles; and represents Inner Edge Teams at all Competitions and Exhibitions

- **Team Managers:**

Work closely with coaches to develop strong synchro program. Communicates payment schedule to skaters and parents, creates and distributes practice schedules to skaters and parents. Organizes team/parent meetings as necessary to pass on information from SSC, Accountant, Coaches, and Steering Committee. Assist the coach and SSC as requested to complete competition registrations and arrangements (hotel, travel, team outings) and exhibitions. Team Managers are an adult representative of the team (a parent, or in the case of the adult team, a skater) nominated by the team and confirmed by the SSC and coaches. Nominees must agree to serve before being presented for approval.

- **Inner Edge Accountant:**

Appointed by the SSC, the Inner Edge Accountant is responsible for financial matters of the organization. Collects payments due from skaters, contacts Team Managers about payment due dates and amounts, creates monthly/yearly financial reports for the SSC, coaches, and Team Managers, writes checks as needed for ice time, competitions, coach payments, etc. Provides the SSC with detailed monthly reports on all financial matters.

- **Fundraising Chairperson:**

Appointed by the SSC, this person provides creative leadership and enthusiastic direction for all efforts to raise funds for the team's benefit. Suggests policies for direction for all efforts to raise funds for the team's benefit. Suggests policies for overall sponsorship program, individual team fundraising efforts, and the scholarship program, for discussion by the Steering Committee and approval by the SSC. Works with Team Managers and others involved in specific fundraising activities to ensure that adequate records are maintained and clear responsibilities are set for transfer of funds to the Inner Edge Accountant. Provides the SSC and the Steering Committee with reports of activities and results on a monthly basis.

Sponsorship and Fundraising efforts

Inner Edge is committed to working towards lowering the cost of the sport by working as a team to raise money through the community. All team members and families may (and are encouraged to) participate in this effort led by the Sponsorship/Fundraising chair and the

Synchronized Skating Coordinator. Monies collected through sponsorship efforts will be used for the expenses Inner Edge accrues as outlined below.

Corporate Sponsorships

Recognition levels and incentives (such as website links, banners, team logo patches, etc.) will be developed by the Fundraising Chairperson who will coordinate efforts to approach various organizations/corporations for sponsorships. 20% of all sponsorship money collected will be put into the Inner Edge savings account, to cover extraordinary expenses and provide for team growth. 80% of monies will go directly toward (1) payment of ice time fees, (2) payment of coaching fees, and (3) payment of competition costs. Such payments will apply equally across all teams and skaters.

Inner Edge Fundraising Efforts

There will be at least 3 fundraising events undertaken by Inner Edge as an organization-wide activity (such as Skate-a-thon, Car Wash etc.). Each skater is expected to participate in at least one such activity. A skater who is unable to participate in any of the planned activities will be requested to make a minimum \$25 donation to the Inner Edge. Monies raised in an organization-wide fundraiser will be applied directly toward (1) payment of ice time fees, (2) payment of coaching fees, and (3) payment of competition costs. Such payments will apply equally across all teams and skaters.

Individual Fundraising Efforts

Individuals may take on fundraising activities to lower their costs for the season. Monies gained from individual efforts will count towards defraying their personal costs. Balances remaining after particular synchro sessions may be applied to future sessions or given back to the skater.

Scholarship Fund

The Inner Edge is working toward creating a Scholarship Fund for skaters who may need additional assistance in defraying their Inner Edge fees.

Team Attendance Rules

Attendance at practices should be considered a high priority for members of all teams. If a skater does not attend, he/she is not only hurting his/her own performance but the performance of the entire team. Skaters on all teams are expected to be attentive and respectful to each other and the coaches during these important and valuable times.

Inner Edge Team Policies

- No refunds will be given for missed practices and for skaters dropping out or dismissed during a session. Excused absences, at the discretion of the team coach, may be allowed for serious illness or serious personal/family situations. A skater who misses more than three practices will be dismissed from the team.
- Skaters (or skater's parents, if the skater is under 18) should notify the team coach if the skater will not be at any practice, and should give reasons why. Notification should be made in advance if at all possible. At the coach's discretion, additional documentation may be required for the absence to be considered excused.

- A skater will be marked absent if he/she is more than 15 minutes late for a scheduled practice.
- A skater cannot miss the final two practices before a scheduled competition in which he/she is to perform.
- If there is a behavior problem that interferes with practice, the skater or skaters involved will be asked to leave the ice. This will be marked as an absence.
- Skaters who are sick or injured are asked to come and watch practice from the side if at all possible. Up to 4 instances of sideline attendance will be considered as excused and will not count against other attendance rules except for the requirement for not missing the final two practices before a competition. The sidelined skater is expected to pay close attention to the coach and the other skaters during the entire sideline session.
- Female youth skaters must be dressed in a skating dress with tights and a fitted shirt for warmth. Male skaters must wear comfortable pants that are not baggy or in the way of their skating. Adult female skaters may also wear comfortable fitted pants.
ALL: NO JEANS/SWEATPANTS/DANGLY EARINGS, RINGS, JEWELRY

**Registration Form
Inner Edge Synchronized Skating Program**

Skater's Name: _____

Address: _____

Phone Number: _____ City _____ State _____ Zip _____
Cell Number: _____

Primary Email: _____

Birthdate: _____ Age: _____

USFS# & Type _____

(Reminder: Skaters will need a valid U.S. Figure Skating membership. KFSC memberships run from July 1st to June 30th.)

Highest skating level/MIF passed: _____

I/We have read over carefully the rules and information concerning participation in the Inner Edge Synchronized Skating Program, and I/we fully understand and will commit to following the rules, time, and financial obligations established for the Program.

Also, I/we understand that skaters skate at their own risk, and I/we hereby release Cool Sports, its owners and staff and Inner Edge and its management from any and all liability.

Signature of Skater

Date

Signature of Parent (if skater is under 18 years of age)

Date