



SYNCHRO & PRODUCTION
HANDBOOK
2019-2020 Season



Talbot Figure Skating Team
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Table of Contents

Introduction	2
Team Practices.....	2
Communications	2
Coaches.....	2
Skating Demonstrations	2
Team Expectations	3
Attendance	4
Dressing For Practice	4
Competitions	4
Financial Commitments	5
Volunteer Commitments.....	5
Registration including Photo/Video Release, Skaters & Parent/Guardian Pledge, & Emergency & Medical Information	6
Questions	6

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.

What is a production team?

Skaters of all ages and ability can participate in this theatrical team event. This is a creative and artistic program usually based on a story or theme, using costumes, props and technical skating to enhance the production performance. This team event is for groups of eight or more skaters. Teams will be judged on the performance value of the program. There are no required maneuvers and no technical score for this event at competition. The team uses music along with elaborate costumes and props to enhance the theme while creating an entertaining performance. Team competitive category is based on the number of skaters on the team. And...it's fun!

Team Practices

On ice practices are on Mondays between 7:15 and 9:15 p.m. depending on your skater's team and placement. Off ice practices will be scheduled as needed. A detailed team calendar will be provided to you upon finalization of teams.

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

Communication

The primary means of communication between the Talbot Synchronized & Production Skating Teams, 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 inbox, we suggest parents and skaters create an email account to be primarily used for their skating activities and keep information organized.

Coach(es)

Coaches make all decisions regarding team member selection for both synchro and production teams. In addition, coaches will also select the music, choreography, dresses, costumes, makeup, and performance participation of each team. Only coaches will be responsible for enforcing team expectations or rules during on or off ice practices.

Skating Demonstrations

Skaters will be asked to participate in a 30-minute on-ice assessment. This will give coach(es) an opportunity to assess skaters skills and comfort level on the ice while introducing new and returning

skaters to this fun activity. This demonstration time will also be a chance for skaters to learn additional skating skills.

If a skater should not be able to participate in these group assessments, a private assessment will need to be scheduled with the coach(es). The alternative assessment will incur an assessment fee, in addition to any fees for freestyle ice time and/or additional coaching fees charged by the coach(es). In addition to the skater's age, skating skill level, prior season team commitment, and good sportsmanship (if applicable) will assist in a skating 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.

Synchronized Skaters

The level and division of the teams varies each season. To be eligible for a synchronized skating team assessment skaters should 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 who are not able or ready to participate on the synchronized skating team are encouraged to participate with Talbot Figure Skating Team's Production Team and/or in Talbot County Parks & Recreation's "Learn to Skate-Showtime" program in the spring for additional skill building and performance opportunities.

Production Skaters

Talbot Figure Skating Team's Production Team has a spot for everyone. Skaters of any age and any level of skating ability are welcome. All skaters, parents, friends, and siblings are invited to join the Production Team as no minimal level of skating of skills is required. Members are encouraged to participate in a Learn to Skate program and/or private lessons, but it is not required.

Team Expectations

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 the release on the final page of this handbook stating that you have read and understand these rules. You will receive a copy of the rules via email.

Synchronized Skaters

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. 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. A skater who misses more than three practices may be dismissed from the team.

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 scheduled, Synchro Team skaters are expected to attend the team's off ice practices as well.

Production Skaters

Attendance and promptness are expected for the Production Team program to be successful as well. 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.

Attendance

Skaters should notify the coach ahead of practice time if they cannot attend a practice. 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 possible.

Dressing For Practice

Skaters should dress in light layers. Do not wear oversized sweatshirt, hoodies, heavy or bulky tops, or jeans.

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

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 skater's 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.

Synchronized Skaters

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.

Production Skaters

Specific practice attire will be communicated once a skater's role(s) is assigned for the season.

Competitions

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

The skaters and families of Talbot Synchronized Skating & Production Teams 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 skater(s) 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 Talbot teams.

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 for all synchronized and production teams. Fees are NON REFUNDABLE for any reason.

For the 2019-20 season, at least an initial payment of \$100 will be due by October 7, 2019 and a monthly payment plan is available for the remaining balance of the final fee. The season's total estimated costs, team number scenarios, and financial plan options will be released with the coach(es)' invite to each team by Wednesday, October 2, 2019. Skaters will be expected to accept or decline the team assignment no later than Friday, October 4, 2019 at noon.

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 and/or neighboring states).

Potential Cost Offset:

'Synchro & Production Team Only' fundraising may be required to reduce overall team and individual costs. Additional fundraising opportunities may be offered to offset your team 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

A Team Parent will be assigned at the beginning of the season, at least one per team, to help us stay organized. These duties will include keeping attendance and the team performance box, communication/response assistance, Team Buddy 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 skater's practice time.

Beyond the commitments with the Talbot Figure Skating Team club, parents/guardians of the skaters on the synchronized and production teams will be asked to assist in various ways during the season's practices, exhibitions, and/or competitions. There will be additional opportunities for parent volunteer positions such wardrobe/costume creations, production prop creation, assembly/dismantle, and transportation, etc.

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

Synchro & Production Team member registration is completed online during the clinic/assessment registration. An email link will be provided to each skater who intends to participate on a TFST Team.

Questions?

Email : coachlarisa@mac.com OR info@talbotfigureskatingteam.org

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2019-2020 Season

To be completed no later than October 7, 2019:

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 2019-20 Talbot Synchronized Skating & Production Team Handbook, which governs your skater's participation on the Synchronized and/or Production Skating Teams, 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 will adhere to his/her teams' practice and competition dress policy.
- The primary means of communication between the Talbot Synchronized Skating & Production Teams, coach(es), and parents is via email. I will routinely check and be prompt to respond.
- The skaters and families of Talbot Synchronized Skating & Production Teams 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 your team Coach. A signed copy will be scanned and emailed to you upon your request.