

LOWER MAINLAND SYNCHRONIZED SKATING CLUB

Synchronized Skating Program
2009/2010



TEAM RULES & CODE OF CONDUCT

GENERAL SYNCHRONIZED SKATING RULES

1. All team members must abide by the Lower Mainland Synchronized Skating Club (LMSSC) Code of Conduct.
2. All team members must be a member in good standing of a Skate Canada club.
3. The starting line-up for any performance or competition is at the sole discretion of the coach.
4. All practices are mandatory. Coach and manager must be notified of all scheduled/un-scheduled absences by phone/text/email.
5. The team manager will take attendance 10 minutes prior to ice time or at start of floor practice time. If a team member is not present for attendance, then she will be considered late.
6. Consistent absences/lates may jeopardize a skater's position on the team.
7. Skaters must wear the designated practice attire to all practice sessions.
8. At all practices every team member must give her entire attention to the instructions being given by the coach and put forth her best effort. A less than satisfactory effort and/or undesirable attitudinal behaviour may jeopardize a skater's position on the team.
9. Team members are expected to refrain from using foul and abusive language, and will conduct themselves in a manner becoming a member of the Lower Mainland Synchronized Skating Club at all times. Failure to do so may jeopardize the skater's position on the team.
10. Team members will not consume alcohol or use non-medical drugs during or before practices, performances and competitions. Violation of this rule may result in automatic suspension from the Lower Mainland Synchronized Skating Club and/or the skater being sent immediately home at the skater's cost.
11. All skaters shall refrain from inappropriate or negative use of internet, Facebook and cellphone texting.
12. Skaters shall refrain from cellphone use/texting during practices, on ice and off ice, or at other team times.

TRAVEL RULES

1. All team members must attend all events even if not expected to skate, unless prior permission is granted by the coach.
2. All team members must wear the designated travel attire.
3. All team members will have clean skates and laces at all competitions.
4. Skaters will travel as a team to and from any skating event unless permission has been granted by the coaching/management staff to do otherwise. Skater must travel within the designated time guidelines as set by the coach/manager. All skaters must travel on the team bus, or other designated team transportation, to/from hotel/arena/team events.
5. Members will attend all team functions wearing team attire as indicated.
6. Skaters will abide by curfew rules as established by coach and team management.
7. Skaters will conduct themselves in a disciplined manner showing good sportsmanship, a positive attitude and respect for themselves, teammates, coaches, management, parents, the sport and all competitors and volunteers.
8. While on club sponsored trips, no visitors will be allowed in the hotel accommodation provided by the club for the skaters, except other team members or club officials or family as approved by the coach/managers.
9. Team members will not leave the hotel or arena premises without the permission of the coach and/or team manager.
10. Skaters will not cause any damage to any arena, hotel, motel, bus/car during a team trip for which the club may be held responsible. The skater and parents will be responsible for any reimbursement to the team.

I ACKNOWLEDGE receiving a copy and having read and fully understanding these rules. If under eighteen years of age, signatures of both team member and parent or guardian is required.

Skater's name (Print clearly) _____

Skaters's signature _____

Date: _____

Parents/Guardian's name (Print clearly) _____

Parent/guardian's signature: _____

Date: _____