



Island Waves
Synchronized Skating
2019-2020

Team Member Agreement

10/20/19 rev.

Nantucket Island Waves classes are run by *Nantucket Ice Rink* and the program is generously supported by the *Nantucket Skating Club*.

Nantucket Ice Rink

All regularly scheduled synchro classes on Nantucket are run by Nantucket Ice Rink.

All questions regarding regularly scheduled Island Waves classes should be brought to your coaches and/or the rink management.

Tuition payments for these classes are to be made to Nantucket Ice.

The Annual Holiday Exhibition is put on by Nantucket Ice.

Open Freestyle Sessions are put on by Nantucket Ice.

Nantucket Skating Club:

All Island Waves skaters must be members of Nantucket Skating Club.

Nantucket Skating Club assists with fundraising for the Island Waves (monies from these fundraisers go towards extra synchro expenses such as: competition coaching & fees, travel, costumes, uniforms, added ice time).

Island Waves members will be expected to participate in NSC fundraising activities.

The Nantucket Skating Club provides discounted competition travel for Island Waves skaters, coaches and chaperones.

All fees for costumes, uniforms, or other "extras" will be paid to Nantucket Skating Club.

The Annual Spring Show is put on by The Nantucket Skating Club.

Expectations and Responsibilities of Parents

Parents of Island Waves synchronized skaters are enthusiastic supporters of their children, and deserve gratitude and respect always. As an integral part of the synchronized skating program, parents, like all others associated with the Island Waves, have a set of expectations to uphold and responsibilities to meet. These are as follows:

- Support the coaches in every way possible. If a discrepancy arises, parent must wait 24 hours after competition or show to make appointment with coach.
- Support and reinforce the directions given by the team manager. Review these with your skater.
- Read this agreement and complete the "Skater/Parent Agreement" Form and return it to your team manager no later than October 30, 2019.
- Get skater(s) to practices and meetings on time. Skaters should be well rested, have eaten and arrive with all necessary equipment for every practice, competition and exhibition.
- Notify the team coach & team manager in writing via text and email, when your skater will need to miss a team practice, and the reason for the absence.
- In the case of an emergency, notify the coach as soon as possible.
- The Island Waves are supported and run by parent volunteers. Each parent/family is asked to volunteer time to the club during a skating season. Volunteer opportunities are available throughout the year and will be advertised in advance. Please ask a NSC board member for more information.
- Check e-mail, texts and Team Snap daily for notices from coaches and team managers. Not knowing something because you neglected to check your e-mail, etc. is not an excuse.
- Team fee payments must be kept current.
- Be a positive role model for your skater(s).
- The Skater Agreement must be signed by both the skater and parent(s) and returned to your team manager in order for your skater to participate in competitions and shows.
- Once your skater is with coach or chaperone, parents must allow space for coaches/ chaperones to work.
- At competitions:
 - Keep comments positive in the stands, you never know who is listening.
 - Please refrain from standing or walking in or in front of stands while other skaters are performing.
 - Keep cell phone ringers off in stands. Only use your cell phone outside the venue at competitions and shows.

Expectations Island Waves members – The Skater’s Code of Conduct

The Island Waves have very specific expectations of team skaters and assume that skaters will work diligently to meet those expectations. The following are general requirements for all team members. Parents should go over the following requirements with their skaters so that all involved know what to expect. Skaters will be held accountable to all expectations, those provided here, and those added by team coaches, managers, and other team-associated personnel. Perhaps most important than any of the other expectations outlined here, Nantucket Island Waves expects that all skaters and parents will display good sportsmanship behavior. This includes being respectful to all teammates, club skaters, parents, coaches, and officials.

Practice Expectations

- Skaters are expected to be on the ice and ready to skate at designated time for each team practice session. Practices start exactly when scheduled. Ice time is expensive and therefore coaches waste no time waiting for late skaters. Skaters should also build in time to stretch, warm up and put skates on prior to getting on the ice. Parents can help with this! Coaches will impose appropriate consequences.
- No skater is to enter the ice until the Zamboni doors are closed.
- Once practice begins, **NO ONE IS TO LEAVE THE ICE**, so skaters should be prepared with:
 - Reusable water bottle
 - Tissues, if needed
 - Inhalers, take all necessary medications prior to practice if possible
 - Sweatshirts/cover-ups may only be worn during team warm up
 - Restroom, use before practice
- Practice attire is required for team practices. Only approved practice jackets and team uniforms are allowed.
- No gloves or mittens at team practices.
- Hair should be worn back in a ponytail or bun for all practices.
- For off-ice practices, sneakers with support are required (no converse). Clothing that allows for movement is best (no jeans or other tight, restrictive clothing). Off-ice practice is a time for teams to focus on specific elements, timing and choreography defined by the coaching staff and is an integral part of the overall training for the season.
- Off ice or conditioning/strength class is required, coaches/team manager will communicate times and dates for these classes.

Attendance

- **Attendance is mandatory & tardiness will not be permitted.** As ice time is limited and expensive, disciplinary action will result from absence or tardiness. Skaters must attend all scheduled team practices, on and off the ice, unless special approval has been given by the team coach in advance.
- Skaters are expected to participate in all scheduled team competitions, exhibitions, clinics and meetings.
- If a special practice is called, every effort should be made to attend.
- Any absence must be communicated to both the team coaches & team manager prior to the absence, via text and email. Communicating with a teammate to send the message to the coach regarding an absence is NOT acceptable.
- An absence from any of the 4 pre-competition/pre-performance practices may result in the skater not participating in the event. These are listed on schedule.
- If a practice is canceled due to inclement weather, skaters will be notified by text and/or email by the team manager or coaches.
- More than 2 unexcused absences will result in disciplinary actions. Being more than 15 minutes late is considered an absence.

Development of Individual Skills

- Coaches will set requirements for team members regarding the continued development of individual skills (e.g. private lessons, power class, MIF class, etc.).
- Securing a coach for private lessons is strongly recommended. This coach will help the skater to develop individual skills, as well as help the parent negotiate the skating levels, terminology and testing process.
- Group lesson and private lesson coach fees and ice time are paid separate from “team” fees.
- US Figure Skating continues to pursue the development of skill and test levels that will serve as criteria for placement on the different levels of synchronized teams, making the continued development of individual skills a priority for team skaters.

Membership

- All Island Waves members must be current members of the Nantucket Skating Club (NSC) and United States Figure Skating (USFS). Membership in NSC allows you to participate in club activities such as classes, NSC spring show, club rates for USFS testing, NSC special events, USFS annual membership, NSC sponsored classes and freestyle sessions, as well as fundraising opportunities.
- Parents may also be either skating or non-skating members of the NSC and USFS. This gives one the right to vote in the election of Board members and any Club or national matters.

Team Competitions

- Coaches will provide each team with an itinerary for the competition. This schedule is to be followed and all activities are mandatory for team members.
- When at a competition, all Island Waves members are expected to focus on the team, the coach’s expectations, and skating their best. Other activities (shopping, movies, getting snacks, etc.) are always secondary and may not be allowed.
- Parents and skaters must be careful about what is said while in the stands, at the rink and in the hotel at these competitions (no negative comments). You never know who is sitting or standing around you and what might be overheard. Everyone is there to enjoy the experience so let’s make it a positive one!
- It is expected that all skaters and parents display good sportsmanship behavior. This includes being respectful to all teammates, club skaters, parents, coaches, and officials.
- During competitions (hotel, rink, restaurant, etc.) skaters will not behave in such a way that brings attention to him/herself in any way while in the hotel and at the rink. No running or excessive noise in any public areas. It is never appropriate to say anything negative about other clubs, teams, coaches, staff or judges. Remember we see the same people at all competitions-they know who we are!!
- Cell phones may be collected by your coaches or team manager at designated times. (i.e. competitions/ practice ice)

Locker Rooms at Competitions

- The locker room is where skaters will get physically and mentally prepared for their upcoming performance.
- No parents allowed in the locker room unless coaches have designated locker room mom(s).
- The locker room mom(s) will help bring the skaters to the locker room and pick them up again after they skate.
- No cell phones in the locker room.

Team Uniforms & Skater Appearance

- Competition wear is chosen by the coaches of the team and reflects the theme of the program to which the team is skating. Hairstyle and makeup will also be coordinated and is required.
- Specific team warm-up clothing is required. The coach will designate practice attire & when to wear each practice outfit.
- Skaters must be mindful of wearing Island Waves gear outside of skating events. Remember that you are representing the team, the club and your families and therefore you must be on your best behavior if you are showing the Waves logo!
- Synchronized skating requires all skaters to blend as a team. A skater who stands out for any reason is distracting to the performance. During the competitive season skaters agree to:
 - No new ear or other visible piercings
 - No change of hair color to any shade that is not natural (i.e. green, purple, blue, pink)
 - No visible tattoos
 - No manicures prior to competitions (you will be asked to remove polish)
 - No hair straightening or perms, or anything that limits required hairstyle for travel or competition.

Summer Ice Skating

- Summer skating is expected, either via class or private lessons. Nantucket Skating Club and Nantucket Ice offer a variety of summer classes and OFS sessions.

Healthy Lifestyle Expectations

- Skaters will do their best to make healthy lifestyle choices. This includes good nutrition, outside exercise and activities.
- Team members participating in illegal activities (smoking, vaping, alcohol or drug use) will be disciplined at the fullest extent.
- Illegal activities at a team event will result in expulsion from the Island Waves.
- Skaters must always remember the age difference of team members and keep ALL conversations age appropriate to the youngest skater.

Team Captain Responsibilities

Generate Team Spirit

- Organize a least two social events outside of practice
- Lead the team cheers at competitions
- Other: pep talks, team lunches, whatever you can think of to motivate the team members
- Discourage negative comments in locker room, on ice and whenever together as a team
- Collect team comment box after every Tuesday practice. Make sure every skater is contributing

Lead warm-ups, stretches, and cool downs

- Choreograph warm up dance
- Lead team in stretching and warm-up, making sure the team does them effectively, efficiently, and together
- Gather their line at competitions for warm up
- Be a model when it comes to warming up

Be a role model for all team members

- Be on time for all practices both on and off ice with proper dress and hair up
- Help coaches focus the team during practice
- Attend all team events
- Bring disciplined work habits to practice daily
- Be knowledgeable about the sport
- Volunteer at LTS

Know and support your team mates and other teams

- Show interest in all skaters' progress
- Be approachable
- Cheer on other teams at competitions and encourage others to do so
- "Good Job" and "Good Luck" to all teams at competitions!

Be a team spokesman

- Be a conduit between the coaches and team concerning team issues
- Help articulate team goals for the team
- Always have a positive, up-beat attitude
- Always show your teammates that you believe in them and the whole team
- Help your teammates improve. (if you help them improve they will respect you)
- Respect your teammates.

Club Expectations Regarding Disciplinary Action

The Mandatory Three Strike Rule

It is important to understand that the expectations outlined above are not suggestions, but requirements, and failure to meet those expectations will result in disciplinary action mandated by the coaches, NSC Board and Nantucket Ice management. Disciplinary action is not voluntary on the part of the coaches, team managers, or others associated with NSC teams. It is a requirement of their positions. This is for the benefit of all skaters, so that all are treated fairly and equally. To that end, the Island Waves has established a mandatory three strike rule that will be implemented in the event that a skater does not meet the expectations outlined above and those provided by individual team coaches and team managers as supplemental to these listed herein.

The three-strike rule is as follows:

- **Strike 1** – A written warning is given to any skater and their parents on a first offense.
- **Strike 2** – A written reprimand is given to any skater and their parents on a second offense/violation of Club, team, or USFS rule, or unmet expectation. A copy of this reprimand will be given to NSC board.
- **Strike 3** – A second written reprimand with a required additional action (for example, benching, possible restitution, dismissal from the team and/or Club, etc.) is given to any skater on the third offense/violation of Club, team, or USFS rule, or unmet expectation.

NOTE: All skaters will begin each new season with a clear record.

It should be noted that each of these disciplinary actions is in conjunction with a conference with a coach, team manager, board member, or rink management with the goal of reaching resolution of the conflict brought about by the offense. Parents will be included in those conferences.

2019-2020

Island Waves Team Member Agreement signature page

I have read and understand the conditions in the 2019-20 Island Waves Team Member Agreement and will abide by the rules set by the coaches, Nantucket Skating Club board, Nantucket Ice management and the Island Waves synchronized skating team manager. I realize that everything in this contract is subject to change.

I also agree to pay all Island Waves bills promptly and understand that failure to do so may prevent me from joining the Island Waves in the future.

Island Waves Team Member Agreement was emailed to parents and skaters on 10/29/19 and will be available review at nantucketskatingclub.com

Parent/Guardian

Date

Skater

Date