

Skater's Pledge

- 1) I will give my best at all practices, classes, exhibitions and competitions. I will demonstrate excellent cooperation, conduct, teamwork and sportsmanship.
- 2) I will treat my team members and coaches with respect at all times.
- 3) I will attend all practices. If a practice must be missed due to illness or injury, I will ask my parent/guardian to notify the Head Coach in writing. I understand that absences and tardiness may result in disciplinary action.
- 5) I will do my best to attend ALL practices. I understand that attendance at practices is very important to improve my skating skills, and thus it will also help my team grow and improve.
- 6) I will be responsible for giving all letters and notes to my Parents/Guardian
- 7) I will arrive 10 minutes before each practice. I will be warmed up and on the ice at the start of practice.
- 8) I will wear my practice clothing to each practice. This includes: solid, dark colored skating attire and hair up and out of my face. I understand that any outerwear may or may not be allowed during practice and is at the discretion of the coaches.
- 9) At all competitions I will dress like my team. I will wear my team jacket and pants and keep my hair up and makeup on until I leave the competition arena for the day.
- 10) At all competitions, I will remain with my team until I am dismissed by my coach (es).
- 11) I understand that if my team is fortunate enough to win a medal, the awards ceremony is mandatory. This means I will keep my hair up in my hair competition style and be in the required outfit based on the request of the coach (es). During the awards ceremony, I will say thank you when I receive my medals. In addition, I must refrain from doing freestyle elements or any other skating elements during the awards ceremony. The team will have time to take pictures and wish their competitors a big congratulations! All skaters must exit the ice when the announcement to clear the ice is made.
- 12) I will not act in a manner that is disrespectful, illegal or immoral.
- 13) I will not be involved in any altercation that is an embarrassment to me or the team.
- 14) I will refrain from posting any negative content about myself, my team, my club, my coaches or my competition on any social media platform. I will only partake in positive, encouraging and uplifting content in regards to my team, my club, my coaches, the club volunteers and my competition on social media.
- 15) I will respect other people's belonging and will not touch anything that does not belong to me unless I am given permission to do so.
- 16) I will not use or possess tobacco of any kind, unauthorized drugs, or alcoholic beverages of any kind.
- 17) I will follow all CoVid Policies and Procedures set forth by Learn to Skate USA, US Figure Skating, ISI, The Cube, The Hancock County Health Board and the Findlay Silver Blades FSC board.
- 18) I understand that misconduct violations will result in disciplinary action.
- 19) I will follow the coach's request regarding additional skating necessary to improve my skills for the overall good of the team.

Skater's Printed Name

Skater's Signature/Date

Parent/Guardian Signature/Date