



Nor'Easters Contract for the 2010/2011 Season

During the 2010/2011 Nor'Easter season, you will have the opportunity to share your love for the sport of synchronized skating with your teammates. That can be an amazing experience. As U.S. Figure Skating's synchronized skating website explains, "there are so many benefits to participating in a team sport, and synchronized skating is a great way for figure skaters to compete in a sport they love while enjoying all of the aspects of working with others in a team-oriented sport." This success, however, will not come without dedication, hard work, self-discipline, and perseverance. The commitment that you have to improve your individual skating, the dedication you have to your teammates and coaches, and the work you put into practices will set you on the road to success. We welcome you to the Nor'Easters and wish you a year full of successful opportunities, learning experiences, and FUN!

Part 1: Behavior/Code of Conduct

Please read the following and sign at bottom regarding expected Nor'Easter behavior.

As a Nor'Easter:

- I promise to always do my best to attend every practice, competition, and exhibition; and to arrive on time.
 - *A team functions as a unit, and just one person missing from a practice or performance can prevent that unit from functioning properly. All team members are required to arrive 15 minutes prior to practice so they have ample time to stretch, warm-up, and put on skates.
- I promise to always treat my fellow teammates with respect. Good team spirit grows from respect for each other.
 - *No socializing or chewing gum on the ice. Foul language or derogatory statements about another team member, the routine, a coach, or an adult assistant are prohibited.
- I promise to always do my best to give the coach my full attention, work hard, work with my teammates in a cooperative manner, listen to instruction, be ready to move quickly to my position, and do my best every time through the routine.
 - *Individual jumps and spins are prohibited during team practice and skaters who violate this rule repeatedly will be ordered to take laps or leave the ice.
- I plan to continue and improve my individual skating skills outside of team ice time throughout the entire season.

Skater's Signature _____ Date: _____

Parent's/Guardian's Signature _____ Date: _____

Part 2: Team Rules/Expectations

Please read the following and sign at bottom regarding team rules/expectations.

- All skaters must be eligible members of U.S. Figure Skating (USFS).
- All skaters must be members in good standing of the North Atlantic Figure Skating Club.
- All skaters must qualify under the USFS age and test level requirements.
 - *Please note that even if a skater meets the eligibility requirements, this does not automatically determine the skater's placement on the team. Final decisions regarding team placement are made by the coach(es).
- During practice all skaters are required to wear the team t shirt with black pants and have hair in a neat bun.
- During competitions, skaters are asked to cheer on all other Nor'Easter teams performing at the competition, as long as no scheduling conflicts exist. Support and encouragement among the Nor'Easter teams is crucial to team spirit and motivation, and is also lots of fun! Skaters are required to wear the team jacket and pants to competitions upon entering and leaving the arenas. We must look like a team.
- Costumes, practice attire, and equipment:
 - **Skates.** Skaters are required to have and maintain their own skates, including regular blade sharpening and boot polishing.
 - **Nail Polish.** Colored nail polish is prohibited during competition, so skaters must remove it prior to competition. Clear polish or French manicures are acceptable.
 - **Hair/Make-up.** During competition, hair will be styled in the manner designated by the coach at the beginning of the skating season. At practices, long hair should be up and out of the face. Hair must also be a "natural" hair color (not pink, purple, etc.) Hair styles that are impossible to put into the designated competition hairstyle (buns or braids) should be avoided. Hair should always be clean and tangle-free. Hair and make-up will be designed to enhance the look of the competition costume and compliment the music. Skaters may be responsible for purchasing these items.
 - **Jewelry.** Jewelry is not to be worn on the ice. Please leave it at home, as skaters should not expect others to be responsible for their jewelry while they skate. Pierced earrings are to be removed prior to competition. When deciding to get ears pierced, skaters should take into consideration whether or not there is a competition within the healing process period. Tongue, nose, and any other facial rings/studs are prohibited.
 - **Costumes.** Competition costumes for the season will be purchased by the team. The coaches and team costume committee will be responsible for competition costumes. The coaching staff will have final approval regarding costumes.
 - **Tights.** 1 pair of over the boot competition tights is included in the synchro fee. Tights to be worn under and replacement over the boot tights are the responsibility of the skater. Skaters are encouraged to purchase additional tights when offered by the club.

Skater's Signature _____ Date: _____

Parent's/Guardian's Signature _____ Date: _____

Part 3: Waiver

Please read the following and sign at bottom regarding the waiver and release.

I am aware that the sport of ice skating and related off-ice training and conditioning pose dangers and risk of injury. I also understand that my or my child's participation in this sport and in Nor'Easter skating and off-ice training and conditioning sessions—which may include skaters with varying experience, skills, and abilities—places me or my child at greater risk of injury than choosing not to participate. I understand that I or my child, or others skaters on the ice, may need to practice skills where speed, power, and difficult, dangerous jumps, spins, spirals, or moves are required. I understand that there will be times when skaters are skating backwards, spinning, or practicing other maneuvers where it may not be possible to see clearly and stop a maneuver in time to prevent a collision with a skater who has crossed his or her path. I agree that I or my child have a responsibility to look out for and avoid a collision with skaters in such maneuvers. I am solely responsible for assessing, at all times, whether the conditions of the practice ice session, off-ice training session, the arena, and ice surface are safe or suitable for my or my child's experience, skills, and abilities, and for exiting the session or arena and choosing not to participate if I deem the conditions to be unsuitable.

In consideration for my participation in Nor'Easter activities, I hereby release the Nor'Easters and their officers, directors, members, volunteers, contractors, and employees, as well as independent contractor coaches ("Released Parties"), from all claims, demands, losses, and damages, and from any liability resulting from any injury incurred while participating in any Nor'Easter activities and programs, whether or not caused by the negligence or other fault of the Released Parties. In the event I am injured or incapacitated while participating in these activities or programs, I hereby give the Nor'Easters permission to seek necessary medical assistance for me or my child. I agree that my provision to the Nor'Easters of emergency contact phone numbers of persons who can be contacted on my behalf in the event of an emergency is voluntary and is merely for my convenience and in no way obligates the Nor'Easters to keep such information up-to-date. I acknowledge that the Nor'Easters rely substantially on volunteers—including other members and parents of skaters—to help oversee many Nor'Easter activities and I agree that the Nor'Easters' attempt to gather emergency contact information does not impose liability on the Nor'Easters related to any act or omission in the event of an emergency of any kind. I agree that the responsibility to assure my or my child's safety remains with me at all times.

I AGREE THAT I HAVE READ THIS WAIVER AND RELEASE. I HAVE HAD AN OPPORTUNITY TO ASK ANY QUESTIONS ABOUT IT THAT I MAY HAVE, AND MY SIGNATURE BELOW INDICATES MY AGREEMENT TO ALL OF ITS TERMS.

Skater's Signature _____ Date: _____

Parent's/Guardian's Signature _____ Date: _____