

Lower Cape Figure Skating Association 2023-2024 Membership

**DESCRIPTIONS OF THE LEVEL OF MEMBERSHIP OFFERED:

Full Individual: \$225

This is for one individual skater per family. This entitles members to all club-offered ice time at club prices, ISI & USFS memberships, and participation in club events such as Skate with Santa, Spring Show, club photos, and more. You are also responsible for the Volunteer & Fundraising Commitment. This level also includes voting rights at the LCFSA monthly meetings.

Family: \$300

This membership is for families with two skaters. For families of 3 or more skaters, each additional skater is \$60.00. This entitles members to all club-offered ice time at club prices, ISI and USFS memberships, and participation in club events such as Skate with Santa, Spring Show (An additional costume fee for skaters in the opening numbers ONLY), club photos, and more. This level also includes voting rights at the LCFSA monthly meetings. You are also responsible for the Mandatory Volunteer & Fundraising Commitment

Half Year New: \$125

This membership is for those skaters who have never been members and are starting after January 1st of the skating season. This can only be purchased one time. This entitles members to all club-offered ice time at club prices, ISI and USFS memberships, and participation in club events such as Spring Show. With a Spring Show fee of \$50.00, club photos, and more. These members are responsible for a portion of the Volunteer commitment.

Associate: \$60

This membership is for skaters whose primary home club membership is with another USFSA club. This entitles members to all Club offered ice time at club prices. *If ice capacity is filled FULL club members have priority to contract ice.

Junior Club: \$125

This membership is for those skaters who have never been members AND who have participated in the CMA Bridge Program. This can only be purchased ONE time. This entitles members to all Club offered ice at club prices, ISI and USFS Basic Skills membership, participation in club events such as Skate with Santa, Spring Show, club photos, and more. You are also responsible for the Mandatory Volunteer and Fundraising Commitment.

1/2 Year Junior \$70

This membership is for those skaters who have never been members and are starting after January 1st of the skating season. This can only be purchased one time. This entitles members to all Club offered ice time at club prices, ISI and USFS memberships, participation in club events such as Spring Show, club photos, and more. This level also includes voting rights at the LCFSA monthly meetings. These members are responsible for a portion of the Volunteer commitment.

Synchro Only: \$50

This membership is for a skater that has joined a club-sponsored synchronized skating team. This does not include the additional fundraising or fees that are associated with Synchro. This

entitles members to participate with their team in club events such as Skate with Santa, competitions, and the Spring Show.

* This level does not include ISI and USFS memberships, voting rights, or club ice time at the discounted rate. You are not responsible for the Volunteer & Fundraising Commitment.

Alumni Student: \$50

This membership is for a skater who is currently a College student and was an alumni member of the LCFSA. This entitles members to all Club offered ice time at club prices.

* This level does not include ISI & USFS memberships, voting rights, or participation in the Skate with Santa or the Spring Show. You are not responsible for the Volunteer & Fundraising Commitment.

No refunds are offered but members have a right to appeal to the LCFSA Board for a refund.

I have read and understand the different levels of membership.

*Initials of Adult member (18 years of age or older) or Parent/Guardian of minor member:

**** LCFSA BLOCK CONTRACTS:**

Block contracts usually run for 4-5 weeks.

Block contracts are purchased through Entryeze ONLY

Ice sessions are \$10 per ½ hour session

Credits can be applied to purchased contracted ice sessions for Family Vacations, School Trip/Event, Competition or Test Sessions, Synchro Competition, Injury, or Sickness that would result in a missed blocked session. This credit can then be applied to the next Block Contract.

Members will need to contact the Membership Coordinator membership@lcfsa.com.

Special Notes:

Skaters will need to provide documentation for long term illness or injury to the LCFSA board for review to determine credit/refund options.

Block Contracts are only available for purchase through Entryeze

Entryeze contracts are due by 10:00pm the Saturday before the new contract start date

There is a \$25 late fee for any late contracts

If a contract is late you will need to contact the Membership Coordinator membership@lcfsa.com

If contracted ice time is cancelled by CMA or LCFSA due to a storm or other emergency, credits will be applied to your Entryeze account

I have read and understand the Ice Time Policies.

*Initials of Adult member (18 years of age or older) or Parent/Guardian of minor member:

****MANDATORY FUNDRAISING OBLIGATIONS BASED ON LEVEL OF MEMBERSHIP:**

Full Individual and Family Membership:

This membership has a \$300.00 Mandatory Fundraising Commitment. This is used to subsidize membership fees and ice costs to keep fees low. LCFSA offers 1 fundraiser "The 12 Days of Christmas Calendar Cash Raffle" Fundraiser. Each family receives 30 calendar cash raffle tickets to sell at \$10.00 apiece. If the \$300.00 mandatory fundraising commitment is not met after the "Calendar Cash Raffle", the fundraising balance will need to be paid off the members by January 1st to be in good standing. This \$300.00 Fundraising Commitment could also be paid by members if you choose not to fundraise.

Associate Membership:

This membership has a \$100.00 Mandatory Fundraising Commitment. LCFSA offers 1 fundraiser "The 12 Days of Christmas Calendar Cash Raffle". As an Associate Member you will receive 10 calendar cash raffle tickets to sell at \$10.00 apiece. If the \$100.00 mandatory fundraising commitment is not met after the "Calendar Cash Raffle", the fundraising balance will need to be paid off by the member by January 1st to be in good standing. This \$100.00 Fundraising Commitment could also be paid by members if you choose not to fundraise.

1/2 Year New Membership:

No Commitment

Junior Membership:

This membership has a \$100 Fundraising Commitment.

The Lower Cape Figure Skating Club is responsible for various events during the year which require many hours of volunteer work to be successful. Most people find it interesting and exciting to be involved in a club. It offers you the opportunity to meet new people and learn more about the sport of Figure Skating. As a LCFSA Member there Volunteer Commitments. There are many different types of volunteer opportunities available to fulfill your commitments.

****VOLUNTEER COMMITMENTS:**

Full Individual and Family Membership:

Volunteer Commitment of 4 hours minimum between the Cape Cod Harvest Classic (October) and the Lower Cape Competition (April)

Associate and Junior Club Membership:

Volunteer Commitment of 2 hours minimum between the Cape Cod Harvest Classic (October) and the Lower Cape Competition (April)

I have read and understand the LCFSA Volunteer and Fundraising Commitment.

*Initials of Adult member (18 years of age or older) or Parent/Guardian of minor member:

**** EMERGENCY MEDICAL RELEASE STATEMENT:**

In case of emergency, I authorize any CMA staff person to administer basic first aid and/or call the Orleans Rescue Squad. I understand every effort will be made to contact the parents/emergency contact person beforehand unless in their judgment it is imperative the rescue squad or physician be consulted immediately.

*Signature of Parent/Guardian of Minor member:

**** IMPORTANT CONCUSSION INFORMATIONAL EDUCATION:**

- Skaters, parents, coaches, and officials should educate themselves regarding the signs and symptoms of concussion. These websites offer additional information:

http://fs.ncaa.org/Docs/health_safety/ConFactSheetsa.pdf

<http://www.cdc.gov/concussion/sports/>

- Coaches, in particular, are encouraged to complete an annual concussion recognition program.

- Establishing an athlete's baseline neurological and/or neurocognitive functioning level allows for a more accurate assessment of post-injury difficulties and is helpful in managing a safe return to skating. Baseline evaluation may be particularly important for skaters with certain risk factors for prolonged recovery, such as history of prior concussion or other brain trauma, learning disabilities, attention deficit disorder, history of migraine, or psychiatric diagnoses.

List of Resources and Helpful Websites:

1. U.S. Figure Skating – Chair, Sports Sciences and Medicine Committee

- Jen Burke MD - jendoc11@aol.com

2. CDC - <http://www.cdc.gov/concussion/sports/>

3. NCAA - http://fs.ncaa.org/Docs/health_safety/ConFactSheetsa.pdf

4. Consensus Statement on Concussion in Sport – the 4th International Conference on Concussion in Sport Held in Zurich, November 2012 -

<http://www.medscape.com/viewarticle/781420>

5. American Medical Society for Sports Medicine position statement: Concussion in sport -

http://www.amssm.org/Content/pdf%20files/2012_ConcussionPositionStmnt.pdf

Before LCFSA Skaters are able to return to the ice after a concussion:

Skaters must be cleared by their Doctor

Skaters must provide a letter from their Doctor letting LCFSA know that they have been cleared to return to the ice

I have read and understand the Concussion Information and Education sheet.

*Initials of Adult member (18 years of age or older) or Parent/Guardian of minor member:

****2023-2024 PARENT/GUARDIAN CODE OF CONDUCT STATEMENT:**

Developed by the U.S. Figure Skating; Codes of Conduct give everyone a guide to what is expected of us if we are part of an organization, participating in a sport, or as spectators at our child's events.

I hereby agree that:

1. I will encourage good sportsmanship by demonstrating positive support for all skaters, coaches and officials at every practice session, competition and test session.
2. I will place the emotional and physical well-being of my child ahead of my personal desire to win.
3. I will encourage my child to skate in a safe and healthy environment.
4. I will inform my child's coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
5. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the results of a competitive event.
6. I will never ridicule or yell at my child or other participant for making a mistake or blame my child's teammates for placement in a competition.
7. I will do my best to make skating fun and will remember that my child participates in sports for his/her own enjoyment and satisfaction, not mine.
8. I will ask my child to treat other skaters, coaches, fans and officials with respect, regardless of race, creed, color, sexual orientation or ability.
9. I will applaud a good effort in both victory and defeat emphasizing the positive accomplishments and learning from the mistakes.
10. I will teach my child to resolve conflicts without resorting to hostility or violence.
11. I will be a positive role model for my child and other skaters.
12. I will demand a figure skating environment for my child that is free of drug or alcohol abuse and agree that I will not use or provide to a third party any drug prescribed by applicable federal, state or municipal law.
13. I will not provide alcohol to or condone the use of alcohol by minors, abuse alcohol in the presence of athlete members or at U.S. Figure Skating activities or, in the case of athletes, consume alcoholic beverages while a minor.
14. I will encourage my child's coach to continue their education and training through programs offered by U.S. Figure Skating, the Professional Skaters Association and other accredited organizations.
15. I will respect my child's coach and refrain from coaching my child or other skaters during competitions and practices because it may conflict with the coach's plan or strategies.
16. I will respect the decisions of officials and their authority during competitions and test sessions and teach my child to do likewise.
17. I will show appreciation and recognize the importance of volunteers and club officials.
18. I will study the rules of both the ISI and USFS associations and teach my child accordingly, so that we have an understanding and appreciation of the rules of competition and membership.
19. I will support all the opponents in my child's competition and respect the rights of all skaters to participate.

I have reviewed the Skater Code of Conduct and the Parents Code of Conduct myself, and with my skater/s. I understand the discipline procedure based on the violation of these principles and will encourage my skater to follow these guidelines and will lead by example.

*Signature and Date of Signature of Adult member (18 years of age or older) or Parent/Guardian of minor member:

**** 2023-2024 SKATER CODE OF CONDUCT STATEMENT:**

Our goal is to maintain a safe and positive environment for all members.

I hereby agree that:

1. I will conduct myself in a manner that is respectful of all LCFSA and CMA policies, as well as any other facility while representing LCFSA, at all times.
2. I will help to continue the pride of LCFSA at our home arena, and also at other events, by showing good sportsmanship to other skaters, coaches, officials, parents, rink staff and the general public.
3. I will use appropriate language and behavior at all times.
4. I will support and encourage my fellow skaters at practice sessions, competitions, test sessions, shows, etc.
5. I will be polite and respectful to my coach, as well as the other coaches.
6. I understand that use of the figure skating room is a privilege, and I will use appropriate behavior in the room, will help to keep it clean, and will respect others belongings that are left in the room.
7. I will not use or bring any drug or alcohol substances into any rink facilities.
8. If I bring a guest to the rink, I understand that I am responsible for making them aware of these codes.
9. I will be considerate of others feelings and will not engage in any bullying behaviors towards others. I understand that this includes teasing, threats, name calling, menacing harassment or any behaviors that disrupt another student's ability to learn.
10. If I feel unsafe or that my rights are being violated, I will notify my coach or an LCFSA board member immediately. I will also help to protect another skaters' rights and notify an adult if I am aware of a problem.
11. I understand that I have the right to be happy, to have fun, and to excel at this sport. I have the right to feel safe and respected, and that other skaters will follow this code of conduct as well. I have the right to learn at my own pace and to have my coach be respectful of me.

I have reviewed the Skater Code of Conduct and the Parents Code of Conduct myself, and with my skater/s. I understand the discipline procedure based on the violation of these principles and will encourage my skater to follow these guidelines and will lead by example.

*Signature and Date of Signature of SKATING member:

**** MEDIA RELEASE:**

I give permission for the name and/or photo of my skater to be used for advertisement to promote the LCFSA or in the media.

*Initials of Adult member (18 years of age or older) or Parent/Guardian of minor member:

**** 2023-2024 LCFSA LOCKER ROOM RULES:**

- * This locker room is only to be used during Rink Freestyles and LCFSA ice time by club members only
- * Hard guards must be worn on your skates!
- * Throw all trash into the garbage can
- * Keep all conversations positive and appropriate!
- * Please take your belongings with you - check your space before you leave
- * If you are the last person to leave this room, please shut off the lights and lock the door on your way out
- * Please treat this locker room with respect, it is a privilege!
- * NO food allowed in the locker room and water only!
- * This room will be closed if these rules are not followed
- * So please remind your friends!

*Signature of skating member:

*Signature of Parent/Guardian of Minor member:

**** 2023-2024 JUMPING HARNESS AGREEMENT:**

I am in good health and in proper physical condition to use the jumping harness. If I believe conditions are unsafe, I will immediately discontinue participation on the jumping harness. I fully understand that the use of the jumping harness involves serious risks including but not limited to: bodily injury, permanent disability, paralysis, death, and that there may be other risks either not known to me or not readily foreseeable at this time, which may be caused by my own actions, or inactions while using the jumping harness. I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation on the jumping harness. I hereby waive, release, and otherwise discharge the Town of Orleans, United States Figure Skating, Lower Cape Figure Skating Associates, it's directors, officers, administrators, sponsors, volunteers, agents, employees, staff, instructors, trainers, other participants and if applicable, owners and leasers of premises on which the "activity" takes place (each considered one of the "releases" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releases" or otherwise, including negligent rescue operations; and I further agree that if, despite this release, waiver of liability, and assumption of risk, I, or anyone on my behalf, makes a claim against any of the releases, I will indemnify, save, and hold harmless each of the releases from any loss, liability, damage, or cost which any may incur as the result of such claim. I have read this JUMPING HARNESS AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

*Signature and Date of Signature of Adult member (18 years of age or older) or Parent/Guardian of minor member:
