

Lower Cape Figure Skating Synchronized Skating Teams



Team Handbook 2023-2024



Lower Cape
Figure Skating

Synchronized Skating Teams



Welcome to Lower Cape Figure Skating' Synchronized Skating Teams.

We are looking forward to the season ahead!

This handbook is designed to give skaters and their families needed information for the upcoming year. Please read through this handbook carefully and completely. For families with younger skaters, we encourage you to take the time to read this handbook with your child.

We want our skaters to have a positive and fun experience while they build their skating skills in a supportive environment. Reading and abiding by the guidelines set forth in this handbook will result in a rewarding season for our teams and all who support them.

All teams are expected to positively represent Lower Cape Figure Skating and Charles Moore Arena at all times. Time, money, and effort go into a synchronized skating season, and all coaches, skaters, and their family members are important players in making the year a successful one. All teams are united as one Lower Cape Figure Skating group and must be supportive of each other. We sincerely hope that every skater and family will grow to love synchronized skating. Here's to a great season!!

WHAT IS SYNCHRONIZED TEAM SKATING?

Synchronized skating is a team sport in which 5-20 skaters perform a program to music together. Also known as "synchro," this form of skating is often characterized by teamwork, speed, intricate formations, and challenging step sequences and the objective is for the team to perform and move as one unit. (US Figure Skating)

While figure skating is often considered an individual sport, synchro is a great way for figure skaters to experience the comradery & challenges of working as a team.

Coach Contact Info

Coach Victoria Valentino (508) 237-7137, coachvictoria@lcfssa.com

Coach Hannah Kast (508) 380-6927, coachhannah@lcfssa.com

Coach Lauren Mahoney (508) 737- 8044, lgardner066@gmail.com

In addition to the coaching staff, LCFSA's board of directors are accessible at any time to answer questions or resolve conflicts.

President: Lauren Thonus, president@lcfssa.com

Vice President: Erika Meads, vicepresident@lcfssa.com

Treasurer: Melanie Lord, treasurer@lcfssa.com

Membership: Erin Santiago, membership@lcfssa.com

Secretary: Michele Tortora, secretary@lcfssa.com

Fundraising: Catherine Wade, fundraising@lcfssa.com

CMA Reps: Toni Philbrick (cmarep1@lcfssa.com) Sarah Flaherty (cmarep2@lcfssa.com)

Robin Tracy (memberatlarge1@lcfssa.com) Melissa Eldredge (memberatlarge2@lcfssa.com)

Team Definitions/ Placement

Skaters will be placed on a team based on skating skills, age, years of experience, and which Skating Skills/ Basic Skills test(s) the skater has passed. While Skating Skills Tests (formally Moves in the Field) are a good starting place to begin team selection, and certain USFS synchro divisions maintain a skating skills requirement, test level is not the only factor that determines a skater's team placement. Coaches carefully look at a variety of factors in determining teams.

If a parent/skater is unhappy about their team placement, any communication about this should be done in a constructive manner. Coaches are happy to instruct a skater in what skills they need to master to advance to a higher level when the time is right. Coaches will not engage with parents about observations about any skater other than their own, and all team placement decisions are made based on age restrictions set by USFS and skill level as determined by the coaches.

In the 2023-2024 season, Lower Cape Figure Skating will field Aspire 2, 3 and 4 teams.

Aspire Synchro Levels & Requirements

Aspire 1: 5-20 skaters, 13 years and younger. May use basic 1-6 elements.

Aspire 2: 5-20 skaters, 16 years and younger. May use basic 1-6 elements.

Aspire 3: 5-20 skaters, 17 years and younger. May use elements no higher than freeskate 2

Aspire 4: 5-20 skaters, 17 years and younger. May use elements through freeskate 6.

Ages for the 2023-24 season are as of July 1, 2023.

All skaters on the team must either be full U.S. Figure Skating members or members of the Learn to Skate USA program. All Learn to Skate USA synchronized skating teams must be registered with U.S. Figure Skating and have a team number.

Skaters on Aspire 1, 2, and 3 may have passed the Preliminary skating skills test, freestyle and/or dance test as of 10/1, but no higher. Skaters on Aspire 4 may have passed the Pre-Bronze (formally Pre-Juv) skating skills, freestyle and/or ice dance test(s) as of 10/1, but no higher.

FIVE BASIC ELEMENTS OF SYNCHRONIZED SKATING

1. BLOCK

- Minimum of three lines
- Closed block formation with parallel lines (lined up or staggered)
- Must be connected

2. CIRCLE

- Round shape
- Begins when the shape is formed and rotation starts
- Ends when the configuration is broken and it stops rotating

3. INTERSECTION

- Skaters pass through another skater
- Three phases: approach, point of intersection, exit
- Types of intersections include two-line, collapsing (box or triangle), whip, angled

4. LINE

- One or two lines which must have an equal number of skaters as possible
- Focus should be on straight lines, spacing, strong arms

5. WHEEL

- Can be many different configurations: two spoke, three spoke, s-wheel, parallel wheel
- Should have at least three skaters in each spoke



LCFSA Synchro Practice Policies

Synchronized Skating is a team sport, and as such absences and tardiness impact the entire team. Because of that:

- ❖ Please make every effort to be at every practice. Coaches must be notified of any absences well in advance of a missed practice. Skaters with numerous absences risk not skating at an event. The last two practices before a competition are 100% mandatory for the benefit of the entire team.
- ❖ Practice start time = when skaters get on the ice. Please have skates tied and be ready to go by that time!
- ❖ Please wear black, form-fitting clothing for practice. Hair should be pulled up neatly.
- ❖ Good sportsmanship should be practiced at all times. This includes behavior and attitude. This also includes being respectful of all fellow skaters and teammates, parents, coaches, and officials.
- ❖ Team members must abide by all instructions given during practice and/or competitions. Full attention and respect must be given to coaches. If a team member consistently misbehaves during a practice or event, he or she will be given a consequence at the discretion of the coaches and may be dismissed from that activity.

2023-2024 Practice Times and Dates

Standard Saturday Times: Aspire 4 8-10 am, Aspire 2 & 3 10-11 am.

August	September	October	November
8/23	9/9, 9/16, 9/23, 9/30	10/7, 10/14, 10/21, 10/28	11/4, 11/12*, 11/18 <small>**May be at Tony Kent</small>
December	January**	February**	
12/2, 12/9, 12/16, 12/23	1/6, 1/13, 1/20, 1/27 <small>*an additional evening practice on 1/1 is possible....</small>	2/3, 2/10	

Any additional practices will be communicated as soon as possible. Please communicate any conflicts with these additional practice times *immediately*.

**In January and February all practices will shift to 7:30-9:30 am. Details to come on which team will practice when within that time.

Tuition

This season, tuition for the Aspire 2 & 3 team is \$160 per month, and \$250 for the Aspire 4 team. Coaches can provide a detailed budget to any family who is interested in learning how these numbers were calculated.

Tuition is due via Sports Engine each month. Please pay *by* the last day of the month from August through February. *Families must use Sports Engine unless interested in paying for the season in full by check at the start of the season.*

Tuition covers the cost of ice time, coaching, event registrations, team t-shirts, and costumes.

Tuition **does NOT include** travel expenses (gas, hotel rooms) or team jackets. Fleece team jackets should be purchased at the start of the season for new skaters. Additionally, families may be asked to purchase hair and makeup supplies for their skater.

Scholarships and payment plans are available as needed. Contact Coach Hannah for additional information.

Fundraising

Each family is expected to participate in team fundraising. This may include, but is not limited to, carwashes, bingo nights, online fundraisers, selling items (ex: Christmas wreaths) or seeking out sponsors. Any ideas for fundraising should be brought to Coach Victoria.

Competitions

The highlight of every synchro season is the chance to travel and compete with your team. All teams will have worked hard to prepare, and skaters must be focused and have a positive spirit!

Every skater is expected to be at each competition unless cleared by a coach at the start of the season. Some competitions may fall on school days.

Coaches will send team itineraries as soon as possible once competition schedules are released. If a hotel is required, families are responsible for paying for their hotel room at the hotel the team is staying at.

SKATER/FAMILY EXPECTATIONS AT COMPETITIONS

- Attendance is required at all practices (on and off ice), team meals, and hair and make up sessions.
- Skaters are expected to obey the instructions given by directors, coaches, managers, and chaperones in charge.
- Skaters are expected to meet at designated times and places and be prompt.
- All skaters, including those not skating in the competition, must wear the designated skating costume, hair, makeup, and team jacket, shoes, and pants.
- It is expected that all parents and skaters display good sportsmanship. This includes being respectful to all teammates, skaters, parents, coaches, and officials. No skater or parent should behave in such a way as to bring attention to himself or herself at any time. It is never appropriate to say anything negative about other clubs, teams, coaches, or officials.
- Parents and skaters must use positive language while anywhere near the competition venue, such as the stands, on the concourse, the hotel, and nearby restaurants. Competition arenas and the surrounding venues and hotels are typically full of officials, skaters, parents, coaches, and skating friends, and they may or may not be immediately recognizable as people affiliated with the competition. Being a gracious supporter of all teams is extremely important at all times when traveling to a competition.
- Be kind to all competition personnel and volunteers at ALL times. We want to be considered good skaters and even better people by everyone we come across at an event.

SOCIAL MEDIA POLICY

If a skater maintains a Facebook, Twitter, Instagram, Snapchat, Tik Tok, participates in team group texts, or maintains any other presence on social media sites/apps, the skater must:

- conduct themselves appropriately online and remember that they represent Lower Cape Figure Skating (LCFSA), especially (but not limited to) when they are at Charles Moore Arena, are with their teammates, or are wearing LCFSA gear.
- not comment, disparage, or gossip about another LCFSA member.
- not engage in posts that depict any uncomplimentary statements about anyone in the skating community.

As representatives of LCFSA, all skaters must follow the skater code of conduct at all times.

Skater Code of Conduct

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 skater's 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.

* The following procedure will be implemented if a member's behavior does not reflect the code of conduct and anti-bullying expectations:

1st offense: A meeting will be held between the parent, coach and skater. Written notification of the incident will be turned in by the coach to the board.

2nd offense: A meeting will be held between the parent, coach, skaters and LCFSA executive board. Written notification of the incident will be kept on file.

3rd offense: The LCFSA board will meet to determine your membership privileges.

MOST IMPORTANT

Have fun!!!!!!

Being part of a synchronized skating team is a wonderful way to improve your skating, get to know new people, share exciting experiences with your friends, family and coaches, and to be part of something bigger than yourself!

Please communicate with coaches early if there is a problem, an concern, or if we can help you in any way. We're all in this together, and are looking forward to the most positive season possible!

Lower Cape Figure Skating Synchronized Skating Handbook Acknowledgement

I, _____, parent/guardian of _____,
acknowledge that I have read and will support my skater in adhering to the guidelines
described in the Lower Cape Figure Skating Synchronized Skating Family and Skater
Handbook. In signing below, I and my skater agree to abide by all policies during the
2023-2024 season.

Name (printed)

Signature (parent/guardian)

Skater

Date