

## Starlite Rules & Code of Conduct

Synchronized skating is a team sport and attendance is of the utmost importance. Skaters and parents should understand the commitment to their team, coach and club before the beginning of the season.

All team members must abide by the Mount Pearl-Paradise Skating Club Code of Conduct, and must be in good standing with both the club and Skate Canada.

### **Commitment:**

As this is a team sport, it comes with a high degree of commitment. The skater's responsibility is to their team, when they don't attend practice they are letting down their team. Please do not take this decision lightly, if you cannot commit to attending all practices and competitions, do not join a team. If it turns out you cannot go to competition due to extenuating circumstances, please be considerate, the coach and team manager need to know as soon as possible or at the very minimum 4 weeks before a competition. Please do not accept a position on a team if other activities or travelling/vacations interfere in missing practices throughout the season which runs September to March.

### **Fees:**

MPPSC Registration Fees are to be paid via Uplifter in accordance with the fee payment schedule.

- A \$200 non-refundable deposit is required, which can be paid over 2 installments prior to the end of June to comply with MPPSC registration requirements.
- If a skater is selected for 2 teams a 50% discount will be applied to the lowest cost team's registration cost only.
- If a skater is selected as an alternate or a training spot, they pay half the registration costs.

### **Practices:**

All practices both on and off ice are mandatory, if a skater must miss a scheduled practice the coaches must be notified as soon as possible. Skaters must attend 90% of practices, per season. Missing scheduled practices is grounds for a skater to be moved to an alternate position.

Repeated violation may result in suspension from the team until further notice by the coaches. Absences are unfair to the entire team and coaches, and also affects how the team progresses through the season. We understand skaters may miss practice for (other disciplines) skating competitions and that will be excused. Additional practices, if deemed necessary, will be scheduled with as much notice as possible. Additional costs will also be charged to each skater to cover extra ice and coaching fees.

Choreography weekend is considered a practice and therefore is also mandatory. This year, Choreography is *Month/Day/Year*.

Skaters are expected to dress in all black for practices. Snug leggings or tights, non-hooded tops without scarves are to be worn. Hair should be tied back from the skater's face with fingernails clipped so as to prevent injury to another skater. Jackets and/or gloves may be worn but will need to be removed whenever advised to do so.

The use of cell phones and other electronic devices are not permitted during on and off ice practices.

A skater's performance, both on and off the ice must be acceptable to the coach for the skater to be eligible to participate in competitions.

**Confirmed Competitions for Team (dates subject to change):**

Elizabeth Swan - *Month/Day/Year*.

SCNL Provincial Synchronized Skating Championships - *Month/Day/Year*.

All skaters must attend all competitions in which a team participates, unless permission has been given in writing by the coach before the season begins.

Skaters attending competitions will be required to purchase a team practice outfit.

Costumes must be maintained in good condition, or the skater will be asked to purchase new items. Skaters are not permitted to wear their team costume for individual use until that program has been retired. Skaters are permitted to sell a costume in any manner only after the program has been retired. By accepting a position on the team, a skater has agreed to not to attempt to sell their costume until it has been retired.

The cost of costumes for an entirely new program, including shipping will be shared equally among the team. Any skater leaving the team after costumes have been ordered will be responsible for the payment of their costume.

**Clothing:**

We have in the past offered Starlites jackets, warm up jackets and scarfs for the skaters.

**Mandatory purchases include the competition outfit, tights, competition practice attire, Starlites winter coat, scarf, and team backpack. Parents have also been encouraged to buy a scarf and or t-shirt, it looks great in the stands during competition.**

**Travel Policy:**

Skaters are to abide by the Club's Travel Policy, unless otherwise authorized by the Club.

**Zero Tolerance Policy**

MPPSC's Zero Tolerance Policy is a part of our commitment to providing a safe and dignified environment for all skaters, regardless of gender, race, ethnicity, sexual orientation, disability, religion, or any aspect of their identity. All skaters are responsible for conducting themselves in a respectful and inclusive manner. There will be action taken in situations where a skater's behaviour violates this expectation. This also includes harassment, bullying and intimidation in any form of other skaters, coaches, other officials on and off your team. Skaters who are found to be in violation of the above, may face a variety of actions, up to and including being removed from a team. This will be a decision that will be made by the coach, team manager, and Director of Synchro, or designate.

I have read and understand the above conditions and agree to abide by the rules set forth by the coaches and the officers of the MPPSC synchronized skating program. Skaters and parents are expected to behave in a manner consistent with, but not limited to, the policies, bylaws, and codes of conduct of the MPPSC. I further recognize and understand that this contract is an

agreement between the skater's family and MPPSC Synchronized Skating Teams from the date of signature below to the end of the skating season.

This form constitutes the entire agreement between the Skater and the Skating Club. This Contract shall be binding upon the Skater and the Skating Club, their successors, heirs and assigns.

The Club agrees to abide by the above. Failure to do so could result in discontinuation of the contract.

First Name:

Last Name:

Synchro Team:

**SKATER:**

By accepting this agreement you agree to have reviewed, and will abide, by the above. Failure to do so could result in discontinuation of the contract and removal from the team.

I agree

I do not agree

**PARENT/GUARDIAN (If skater is under the age of 19):**

I acknowledge that I have reviewed this contract with my skater, and I accept this agreement.

I agree

I do not agree

**PARENT/GUARDIAN FIRST NAME:**

**PARENT/GUARDIAN LAST NAME:**