



## Prelim. Prep. / Group SS/ SS & Comp. Rules & Regulations



**The following is a list of rules and regulations that skaters must follow when attending skating sessions. The Airdrie Skating Club would like to stress that if all skaters follow the rules, skating will be a fun and safe place.**

1. The music person and coaches have authority over all skaters attending sessions on or off the ice, and are expected to enforce the rules and maintain order in the arena.
2. Please do not visit with other skaters when on the ice.
3. No gum, food or candy is allowed on the ice or sitting on the boards around the ice surface. If you must snack please do so in the lobby or the players bench away from the ice surface. Dispose of your garbage in the receptacles provided.
4. Water is the only beverage allowed at the ice surface.
5. Skaters must get up immediately if they fall unless they are unable to do so.
6. Skaters must use assigned dressing rooms not the lobby or bleachers.
7. A skater carrying money or valuables should leave them with the music person or coach for safekeeping while the skater is on the ice.
8. Proper skating attire is to be worn. Please tie long hair into a pony of some sort. No jeans, hooded headgear, baseball caps or oversized t-shirts/sweatshirts.
9. If you are sick or going to be away, please have the courtesy to phone your coach to let him/her know. Twenty-four hours notice is appreciated wherever possible, otherwise you may be charged for the lesson that was missed. If you are more than 5 minutes late for a session, it will be assigned to a pickup skater.
10. Skaters receiving lessons, dance partnering or their solo have the right of way.
11. Skaters must wear the yellow vests when skating their solos to their music.
12. Skaters must respect themselves, each other, the coaches, music person and parents.
13. Disruptive, disorderly behavior will not be tolerated. Skaters parent, skater & coach or other adult will deal with any concerns in this area. Please treat others, as you would like to be treated.

All skaters are expected to follow the above rules or any other rules that may come into effect during the skating season. **Failure to abide by these rules could result in a non-refundable suspension from the Airdrie Skating Club.**

## **Discipline Policy**

1. Any skater receiving 3 warnings on 1 session will be removed from the ice for the rest of the session. Skaters removed from the ice must notify their parents immediately that they have been asked to leave the session and arrange for pickup.
2. If a skater has been asked to leave 2 sessions, they must appear before the board along with their parents to discuss their status in the club.
3. Skaters discussing inappropriate topics or displaying inappropriate behavior will be asked to leave the arena.
4. Any skater causing damage to the ice arena or any one else's property will be asked to appear before the board for disciplinary measures. The Airdrie Skating Club will require the skater to pay 100% of the repair work necessary to restore the facility back to its original state.

## **Complaints**

All complaints must be made to the board in writing and will be reviewed at the next regularly scheduled board meeting.

A response will be sent to the complainant within 7 days after the review.

**Skaters are requested not to enter the ice surface before the scheduled times and then only if a coach or parent is present.**

## **STROKING**

You are expected to be on time for stroking. This is a vital part to your figure skating regime. Being late is disruptive to the rest of the class.

## **FREESKATE**

Skaters must skate their solos when their name is called. Skaters, who do not skate their solo, risk losing a turn for the session if time runs short. Music will be played in a rotating order. Skaters will not yell while on the ice. Skaters are expected to move around each other without cutting another skater off.

## **DANCE**

There will be no freeski during dance. Skating skills are acceptable. Skating skills music may be played during dance and dance music during skating skills.

## **COMPETITIONS & CLINICS**

You are a representative of the Airdrie Skating Club. Wish your fellow club members Good Luck at competitions, and if you are fortunate to win a medal, do congratulate the other medal winners. A handshake of congratulations goes a long way.

# A Parent's Responsibilities

**The most important thing for a skating parent to remember is that their skater is a person first, and a skater second.** And in all probability the “person” in the skater is a young one, still growing, still maturing. Sometimes skaters seem so grown up, so easily able to handle pressure situations, that we forget they are still kids -- DON'T!!! The same kids that we see looking so grown-up on the competition ice probably still cuddle their favorite stuffed animals when they go to bed at night. **Let them be kids, and support them as they grow.**

## **Some other things for parents to think about as they approach the sport:**

- **Balance:** make sure there is balance in your skater's life. Allow time for school and personal growth. Very few skaters make skating their life career. Don't put so much focus on your child's skating that you forget they'll have to function in a “normal world” when they grow up. School is important. Social development is important. Being a kid is important.
- **Help to set goals:** help your child to set his/her goals in skating. Help him or her to be realistic about those goals, but also to make them challenging enough to make the sport fulfilling. **Make sure the goals are your SKATER's goals, not yours.** Help to achieve these goals by setting targets, plotting progress, etc. Be willing to reevaluate when necessary.
- **Learn about the sport:** learn enough about skating to recognize the elements. know enough to know when something is done well, and when it is done less well. Recognize progress. Be interested, and listen when your skater talks about progress or problems.
- **Support your Pro:** pay your bills on time, **get your skater to the rink on time.** When you can't be there, make sure to tell the Pro in advance. Let the Pro participate in goal-setting discussions if possible; or if not, at least ensure that the Pro understands your skater's goals. Listen to your Pro's advice and instructions, and help to ensure that your skater follows those instructions when practicing or doing off-ice activities. **Once the Pro understands your skater's goals, let the Pro have the freedom to design a program to achieve them -- don't try to second-guess the approach.** On the other hand, responsibly watch to make sure that the general goals are being addressed over the long term.
- **Watch:** don't use the rink as a babysitter. Stay and watch your skater practice, and in lessons, at least sometimes. They need to know you're interested. Often skaters whose parents never watch in practice feel very self-conscious or “pressured” when their parents finally do show up to watch. If competition events are the only time you watch your skater, you may be hurting them more than helping them...
- **Be a good sport:** Remember that every skater is someone's child, and that they ALL deserve to be treated fairly and with respect. Be willing to recognize other skaters graciously. When someone else is skating in a competition, don't walk back and forth in the bleachers, don't be noisy or disruptive. The worst thing you can do to your child is compare them to someone else in your club. Your child will become resentful towards others and may not progress as rapidly as they could if they weren't being compared. Resist the urge to compare your child against another. Some learn faster, some learn slower
- **Support your skater:** Remember, your skater is still maturing. Offer praise when appropriate, but be realistic with that praise; recognize progress towards goals, but be willing to acknowledge when more work is needed without making that a “bad thing”. Never destructively criticize, especially in front of others.
- **Support your Club:** pay your bills on time. Help with club activities. Most clubs are run by volunteers, and they need all the help they can get. Be willing to work on committees, or serve on the Board of Directors if needed. Be willing to do “jobs” like ice monitor, music monitor, etc. Help out with ice shows or competitions.

## **Top Ten Things a Parent Should Know!**

Physical activity stimulates growth and leads to improved physical and emotional health. Today, research shows that the importance of physical activity in children is stronger than ever. But sport, not just exercise, gives a child more than just physical well-being; it contributes to a child's development both psychologically and socially. Being the parent of a child in sport requires far more attention, time, and commitment than just driving them to their practices and games. The primary goal of parents and coaches is to help children find the success in sport they need to make them feel valued and wanted. Here are the top ten things you as a parent should know.

### **Your child's coach:**

1. is trained and/or certified through the Coaching Association of Canada's National Coaching Certification Program (NCCP),
2. encourages all participants,
3. promotes fair play and acts as a role model,
4. lets everybody play,
5. ensures everyone is having fun,
6. focuses on teaching the fundamentals and not on winning,
7. KNOWS the sport and is prepared for practices,
8. communicates clearly with participants, parents, and officials,
9. gives specific instructions to your child to ensure that he/she understands.

And finally, if you believe your child's coach has behaved unethically:

Talk to the coach first. Then inform the other parents. Finally, notify the convener if the coach does not change his/her behavior.