

CAPITAL CLASSICS



Synchronized Skating Teams

Handbook

2017-2018

TABLE OF CONTENTS

ABOUT THE CAPITAL CLASSICS	3
THE COACHES	3
SYNCHRONIZED SKATING TEAM PHILOSOPHY	4
JEFFERSON CITY PARKS AND RECREATION	4
TERMINATION OF PARTICIPATION	4
ISI - ICE SKATING INSTITUTE.....	5
US FIGURE SKATING AND CAPITAL CLASSICS FIGURE SKATING ASSOCIATION.....	5
COSTUMES	5
WHAT IS EXPECTED OF THE SKATERS.....	5-8
PRACTICE	5
MANDATORY PRACTICES.....	6
MISSED PRACTICES.....	6
IN CASE OF SEVERE WEATHER	6
OUTSIDE OF PRACTICE	6
COMPETITION OR EXHIBITION	7
TRAVEL TO & FROM COMPETITIONS.....	7
DISCIPLINE IN HOTEL.....	8
TEAM CHEERS/CHANTS.....	8
WHAT IS EXPECTED OF THE PARENTS.....	9
EXPECTATIONS FOR PARENT CONDUCT AT WASHINGTON PARK ICE ARENA.....	10
THE BOOSTER CLUB.....	11
FUNDRAISERS	12-14
ELECTION OF NEW OFFICERS TO THE BOOSTER CLUB.....	14
SYNCHRONIZED EVENT DESCRIPTIONS.....	14-15
SYNCHRONIZED TEAM EVENTS JUDGING CRITERIA.....	15-16
DIRECTIONS TO THE RINKS	16
CAPITAL CLASSICS ATTENDANCE NOTIFICATION EXAMPLE	17
BOOSTER CLUB PARENT SIGNATURE PAGE.....	19
HANDBOOK PARENT SIGNATURE PAGE.....	20

ABOUT THE CAPITAL CLASSICS

The *Capital Classics* synchronized skating teams are in their 22nd year. The teams compete under the Ice Sports Industry (ISI) system. Under this system teams are divided by age: Sr. Youth-Team Radiance (12-14) and Teen-Team Intensity (14-18). Age groupings require that the majority of the skaters on each team fall within these age brackets, as of July 1 of the current year.

We also compete under the US Figure Skating. Under this system teams are divided by age and test level: Open Juvenile – Team Radiance (under the age of 20 and passed the Pre-Preliminary MIF) and Intermediate – Team Intensity (under the age of 18 and passed the Pre-Juvenile MIF). They also go by the age as of July 1 of the current year.

The *Capital Classics Skating Teams* perform in the fall recital, winter recital and all three nights of the ice show. They also compete four to five times in St. Joseph, St. Louis and Kansas City, once in Jefferson City, and two times on a full weekend trip usually out of state. This season we will go to Detroit and Chicago.

THE COACHES

The coaches are responsible for the majority of the synchronized skating program. Their duties include selecting music, choreography, choosing/designing costumes and make-up, teaching routines, keeping records, conducting try-outs, determining team placement, scheduling and conducting practices, and coaching the teams at competitions. The coaches and the skating director are also responsible for administering the disciplinary procedures set forth in this manual.

Team Radiance

Christine Wynn is the assistant coach for Team Radiance. She passed ISI Freestyle 5. This will be her third year coaching for Capital Classics. Christine has a bachelor's degree in Psychology and a Master's degree in social work. She is a program development specialist with the Department of Social Services, Children's Division. She is the mother of two girls who are 10 and 12 years old. She has been married to her husband Kenneth for 15 years.

Phone number: 573-680-7767

Email: teeniebear@embarqmail.com

Crystal Richardson is the head coach for Team Radiance. She passed ISI Freestyle 5, Juvenile MIF and Pre-Juvenile Freeskate in USFS. This will be her fourth year coaching for Capital Classics. Crystal graduated from University of Missouri & CAPA University – London with a Bachelor of Journalism with an emphasis in Strategic Communication. She has worked for The Business Times Company in Columbia, MO for the past two years. The Business Times Company is the parent company of three magazines (Columbia Business Times, COMO Living, & Jefferson City magazine) and a digital division. Her "official title" is "Marketing Manager", however; she does everything from planning events to developing print advertising campaigns to building websites and even graphic design.

Phone number: 816-726-5777

Email: crystal.richardson89@gmail.com

Team Intensity

Jessica Northrup is the assistant coach for Team Intensity. She passed ISI Freestyle 5, Novice MIF, Pre-Preliminary Freeskate and Bronze Ice Dancing tests in USFS. This will be her fifth year coaching for Capital Classics. Jessica graduated from Mizzou with a degree in art education in May of 2016.

Phone number: 314-358-0827

Email: jsg7cd@mail.missouri.edu

Rachel Bruemmer is the skating director for the Jefferson City Parks and Recreation Department and is the head coach for Team Intensity. She passed ISI Freestyle 6, Preliminary Figures test and

Preliminary Freeski in USFS. This will be her eleventh year as a coach for the Capital Classics.
Phone number: 573-291-1181
Email: rbruemmer@jeffcitymo.org

SYNCHRONIZED SKATING TEAM PHILOSOPHY

The term 'synchronized team' implies a certain standard. Teams are rated on their ability to skate in unison. All team members should be on the same foot at the same time, with their heads facing the same way and their extension at the same height. Skaters are here to blend in, not stand out. A synchronized skating team is like a jig-saw puzzle, if one piece is missing the picture cannot be complete. Unlike hockey or softball, each member of the team must fill his or her position at all times. If one skater misses a practice or performance, his/her absence may compromise the quality of the entire production. This is a unique and challenging discipline for the figure skater who usually performs independently.

In learning to work together there are certain demands placed on each skater. Each skater must dedicate themselves to the team. This means learning the routine well and often practicing team moves outside of practice. It involves collaborating and communicating with teammates in a positive manner. This is a very physical sport. The skaters have to know that every team member is doing their best.

The coaches want to help each of the skaters. Please let them. Skaters must listen intently and ask for advice or assistance whenever they need help. An evaluation will be held in December during a practice and again at the time of tryouts. Skaters will be sent a commitment letter with the second evaluation and then a letter within one month, after the commitments have been received, assigning them to a team for the following season. Placement is not based on Freestyle level or individual skill alone. Emphasis is placed on strength, power and the skater's ability to skate in unison with a team. There will be level requirements and a tryout packet released in January that all skaters must comply with before tryouts in April. Age limitations will be posted within the tryout criteria as well.

JEFFERSON CITY PARKS AND RECREATION

The synchronized teams are a Jefferson City Parks and Recreation program. The Jefferson City Parks and Recreation Department employs the instructors and assigns practice time. Each Capital Classics member must be registered through the Parks & Recreation. The fees for this program pay for ice time and coaches. All 2016-2017 fees, ultimately owed to the Parks & Recreation for the program, can be included in the installments paid to the Capital Classics Booster Club if you so choose. If you would rather not use the booster club to facilitate your payments you may pay all fees owed for the program directly to the Parks & Recreation. Financial assistance is available through the Parks & Recreation and can be acquired confidentially. If for some reason throughout the season, a skater quits or is asked to quit, the skater must notify the skating director or recreation supervisor responsible for the ice arena. No refunds will be given unless the skater incurs an injury that requires medical attention. In this case a partial refund may be granted.

TERMINATION OF PARTICIPATION

Any park user, program participant, or spectator who strikes, attempts to strike, verbally threatens to strike, or attempts to intimidate a Parks and Recreation employee or cause such employee or another park patron to be apprehensive about his/her personal safety; or who persists in the use of vulgar and inappropriate language in addressing a Parks and Recreation employee or at a Parks and Recreation program or facility; or who fails to heed the request of an on-site Parks and Recreation supervisor to vacate park property is subject to prosecution for violation of the City of Jefferson trespassing ordinance

and suspension from attendance at Parks and Recreation programs or facilities for a period to be determined by the Director of Parks and Recreation.

ISI - ICE SPORTS INDUSTRY

The Ice Sports Industry is dedicated to providing leadership, education and services for the ice skating industry. ISI is the association under which we compete. Each skater is required to be a member. Each skater must apply for membership. Applications are available at the rink or you may also register over the phone or online at www.skateisi.com. The cost is \$15.00/year which includes a quarterly magazine. They do offer discounted rates if you buy multiple years memberships at one time. ISI does its best to promote skating as a recreational and rewarding sport.

Ice Sports Industry
6000 Custer Road Bldg #9
Plano, TX 75023

Email: isi@skateisi.org
Phone: 972-735-8800
Fax: 972-735-8815

US FIGURE SKATING AND CAPITAL CLASSICS FIGURE SKATING ASSOCIATION

Each skater is required to be a full member of USFS. If you do not have a club affiliation you may become a member of CCFSA or any other club of your choosing. If you are a full member with another club you must apply for an Associate membership with CCFSA in order to skate with the team. Applications are available at the rink or you may also register over the phone or online at...

<http://ccfsa.weebly.com/membership.html>

COSTUMES

Dresses for the *Capital Classics* Synchronized teams will be designed by the coaches. They will talk with each team, and seek their suggestions for the costumes if needed. However, the final decision lies with the head coach so long as the cost of that costume does not exceed the amount agreed to by the parents. Every effort will be made to keep the cost of the costume as low as possible without compromising quality. Once the costume has been ordered the full cost will be the responsibility of the parent/guardian of the skater. No refunds will be offered to a skater leaving the team early.

WHAT IS EXPECTED OF THE SKATERS

PRACTICE

- When on ice, skaters are required to wear their team practice uniform and tights (other than those worn for competition) with their hair pulled up. Skaters will not be allowed to wear any jewelry other than stud earrings that do not come below the earlobe (this includes watches, rings, bracelets, and necklaces). In order to be comfortably warm for practices, skaters will be allowed to wear headbands and t-shirts or tank tops that **fit neatly** underneath their practice uniform (except during practice ice at competition) and a coach approved jacket, sweater, or vest but will remove these items at the coach's request.
- Any violation of dress codes may result in a group disciplinary action immediately following on-ice practice time. This may include, but is not limited to wall sits, skating laps, running laps, drills, sit-ups, push-ups, etc.
- When off ice, skaters must wear tennis shoes that tie (no slip-ons) and have their hair pulled up. Jewelry may not be worn for off-ice practice.
- **The practice immediately before the first competition or exhibition will be a full dress rehearsal unless otherwise noted.**
- Our practice time is limited and it is essential that we maximize the use of the ice time. Therefore, skaters are expected to focus on the routine during practice. Freestyle skating, inattentiveness,

chatting and disrespect of the coaching staff will not be permitted.

- Each team member may be assigned a job or duty by the coaches and will be responsible for the appropriate qualities expected from each position.
- Expulsion from the team due to disciplinary action may result in the forfeit of all fees paid up to that point. The skater and parents will be responsible for any amount owed to the program.
- Any skater, who resigns after on ice practice has begun **or** who is asked to resign due to disciplinary action, will not be eligible to try out for the team the following season without making a presentation to the coaches, skating director and the booster club board about their renewed commitment to the team.

MANDATORY PRACTICES:

- In order to ensure the team's best performance at all competitions and shows skaters may not be absent on the practices designated "mandatory." For these practices two run-throughs of the program may be considered attendance at the discretion of the head coach. Failure to attend these designated practices will result in the skater not being eligible to skate at the competition or exhibition. **EXTREME** extenuating circumstances will be considered on a case-by-case basis with the team's best interest in mind.

MISSED PRACTICES:

- For a practice to be considered an excused absence, the head coach must be notified before the day of the practice with a written note or email. In case of sudden illness, the head coach needs to be notified **before the end of practice** by phone or email message. If the head coach is not notified by the designated times listed above, the absence will be counted as unexcused.
- Any absence, excused or unexcused, must be made up with a teammate or a coach before the next practice.
- The head coach must be notified **6 weeks prior** to a competition if a skater will be unable to attend. This missed competition will be counted as an absence.
- **All exceptions on absences will be judged on a case-by-case basis.**

IN CASE OF SEVERE WEATHER:

- The head coaches will decide if the weather is too severe to chance driving to the arena.
- If the practice is canceled the head coaches will then be responsible for notifying the president of the booster club, who will start the emergency phone tree for each team.

OUTSIDE OF PRACTICE

- All team members must attend group or private lessons in addition to Capital Classics every week. Their conduct and participation in these lessons should show their dedication to skating and to Washington Park Ice Arena, since their conduct reflects upon the Capital Classics.
- There will be a sign-in sheet at the front counter for Capital Classics team members to sign in weekly for the public or freestyle sessions attended. This will help to record which skaters are practicing each week as required. The skater and parents will be contacted if lack of attendance becomes an issue.
- Practicing the routine outside of scheduled practices is expected. This may be either individually or with small groups of team members as needed or instructed. A good guideline for skaters is 20 minutes/week with the program and 30 minutes/week on individual skills and power.
- All Capital Classics skaters are to be respectful and courteous of one another at all times, on and off the ice. Incidents of disrespect witnessed by the coaching staff are grounds for a meeting with the skaters involved. Parents will also be included if the incident is severe.

*****Any skater who violates federal, state or city laws and have been arrested for such indiscretions***

will be immediately removed from participating on this and any future team.

COMPETITION OR EXHIBITION

- All skaters are expected to wear their competition dresses/costumes and in-the-boot tights. Any time that the uniform is worn it must be worn completely and correctly. **(Dress On!)**
- Skaters will wear their competition uniform for all on-ice awards ceremonies.
- All skaters must wear clean, snag-free tights (**no panty lines**). It is not necessary to wear underwear under the tights. If the skater has issues about going without underwear, they must wear French cut underwear that has no chance of being seen from under their costume. Bra straps must be concealed.
- Fingernails should **not** be manicured or have colored nail polish on them. Long nails can injure your teammates!
- Jewelry and/or gloves are not to be worn. (All valuables should be left at home).
- Skates are not to be sharpened within one week before an event.
- Hair is to be worn as announced (**no bobby pins**).
- Boots are to be polished. Only white or clear tape is allowed on the boots, unless over-the-boot tights are part of the costume.
- Skaters must wear the team makeup – eye shadow, blush, lipstick, mascara and eyeliner. Specific make-up will be assigned.
- **Skaters must be dressed, with hair and makeup complete, and check in with the assistant coach for their team by the designated time.**
- Skaters will be kind and show respect to members of other teams. *Capital Classics* skaters are to exemplify good sportsmanship. You are an ambassador of the Washington Park Ice Arena. For this purpose, please refrain from discussing another team's performance or costume, etc. other than to compliment them directly (in person, to a member of that team). This will avoid comments being misinterpreted, overheard or taken out of context.
- Foul language is PROHIBITED.
- All competitions and exhibitions are mandatory. If a skater is unable to attend their parent must provide a minimum of **six weeks prior** notice to the coaching staff. If a skater will miss more than one regular competition or exhibition they will be asked to leave the team. **The ISI Synchronized Skating Championships is a mandatory event for all skaters wishing to participate in Capital Classics** unless notice has been given prior to team placement. Illness and family emergencies may be exempt. A missed competition or exhibition will be counted as an absence.
- **Use of tobacco, alcohol or any other mood altering drugs is NOT PERMITTED at any time, regardless of the skater's age. Failure to comply with this rule will result in dismissal from the team for the remainder of the season.**
- Adhere to same dress code at competitions as described in Bus Travel below.
- **Skaters are expected to refrain from consuming foods high in sugar, fried foods, and caffeinated beverages 24 hours prior to any Capital Classics performance in order to promote their best performance possible.**
- Failure to comply with any of these guidelines may result in restriction from skating with the Capital Classics.

TRAVEL TO & FROM COMPETITIONS

- For all competitions each skater's parents are responsible for all expenses including travel, hotel stays and food for the duration of the weekend.

DISCIPLINE IN HOTEL

The Jefferson City Parks & Recreation Department will not provide rooms for overnight stays at competitions, but all participants will be expected to conduct themselves in the following manner:

- Team members will be respectful and quiet in the halls. No running or loud talking will be tolerated.
- The competition schedule will be evaluated and a curfew will be established. At curfew time, everyone is to be in his or her own room.
- No girl (aside from family) is to step inside a boy's room for any reason, and no boy (aside from family) is to step into a girl's room for any reason.
- During "free time" the skaters will be allowed in public areas where chaperones are stationed (i.e. pool, game room, lobby). **NO SKATER** is allowed to go into any bar, lounge, or nightclub, **regardless of their age.**
- **No skater will be allowed in the pool, hot tub, weight room, or sauna within 24 hours prior to the competition.** Failure to comply may result in restriction from skating.
- A parent or chaperone will be responsible for each skater and should be apprised of each skater's whereabouts at all times.
- Any damage incurred to the hotel will be the financial responsibility of the skater and their parents.
- Parents and chaperones accompanying team members to competitions will conduct themselves in a responsible, appropriate and courteous manner.

TEAM CHEERS/CHANTS

- All team cheers must be approved by the Skating Director or Head Coach of each team. No inappropriate cheers or chants will be allowed at any time.

WHAT IS EXPECTED OF THE PARENTS

In this busy world it's easy to forget the reasons why we are here. We are here to help each and every skater build character, self-confidence, and camaraderie. And we hope to have fun in the process. To accomplish our goals we need your love and financial support. All parents will be asked to volunteer for committees and events.

We need our parents to uphold these points:

- Be supportive and respectful of Parks and Recreation coaching staff and board decisions. Temper your adverse criticism toward other skaters, instructors and board members (especially around the skaters).
- Keep your personal financial account up to date. Lack of payment will be addressed on a one to one basis.
- Make sure your child is in attendance.
- Complete your child's health form and turn in a copy of their health insurance card.
- Direct your concerns and ideas through appropriate channels. All formal grievances should be put **in writing and signed** to the Skating Director.
- Make sure your skater's ISI membership is current.
- Support any fundraiser in which the proceeds go to the general funds of the team
- **Stay informed.** Attend parent booster meetings. These meetings are normally held during practices. Dates and times will be announced at a later date. If you are unable to attend the parent booster meeting please make sure you get the information from another parent. Check your email at least once a week to see if there is any new information and to find out what went on at the meetings you have missed.
- Make sure your child knows your love is there, whether they win or lose. Maintain a positive attitude and be the person your child can always look to for support.
- Try to be completely honest with yourself about your skater's ability and attitude.
- Be helpful, but don't coach your child on the way to the rink, or at the breakfast table.
- Help your child develop a healthy competitive attitude, to try hard and have a good time.

- Don't side against the coaches or other team members. Talk about the importance of learning how to handle problems and how to react to criticism. Try to help your child understand the necessity for discipline, rules and regulations.
- Teach your child the meaning of courage. Everyone is frightened of something. Courage is learning to perform in spite of fear. It isn't getting rid of fear; it's overcoming it.
- **Mostly, you are expected to support the coaches and help your skater to understand the importance of being a healthy athlete. Teach them to eat right and mentally prepare for what is to come. Be a humble winner and keep a positive attitude if the team doesn't come out on top.**
- All parents are also to uphold all of the *Expectations for Parent Conduct at Washington Park Ice Arena*.

Expectations for Parent Conduct at Washington Park Ice Arena

❖ Encourage good sportsmanship by demonstrating positive support for all skaters, coaches and staff at every visit to the rink.

Sportsmanship as defined by Merriam-Webster dictionary: *noun*. Conduct (as fairness, respect for one's opponent, and graciousness in winning or losing) becoming to one participating in a sport.

Sportsmanship is the "character" badge of honor at WPIA.

❖ Teach children that doing one's best is more important than winning, so that a child will never feel defeated by the results of a competitive event. Applaud a good effort in both victory and defeat emphasizing the positive accomplishments and learning from the mistakes. Help children learn that success is oriented in the development of a skill, not wins or losses.

❖ Never ridicule or yell at any participant for making a mistake or place blame on your child's teammates or coach for placement in a competition. Do your best to make skating fun and remember the children's participation in sports is for his/her own enjoyment and satisfaction not that of the parents.

❖ Respect the coach's decision and abilities. Don't force your child to decide whether to listen to you or the coach. Support the coaches and instructors working with your child in order to encourage a positive and enjoyable experience for all.

❖ Be a positive role model for your child and other skaters. Teach children to resolve conflicts without resorting to hostility or violence. Courtesy and mutual respect of all rink customers, staff, property and facilities should be shown at all times.

❖ Teach your child to treat other skaters, coaches, spectators, officials, support groups and staff with respect, regardless of race, creed, color, sexual orientation or ability.

❖ Help reinforce our drug and alcohol free policies by refraining from the use of any controlled substance before and during your visit to the rink. Inappropriate language, abuse (physically or mentally) or threatening behavior is not acceptable.

❖ Be thoughtful and careful in your actions and conversations. Refrain from spreading rumors, gossip, and innuendos regarding other skaters, coaches, parents or staff.

Failure to abide by these guidelines established by the Parents Code of Ethics subcommittee of the Jefferson City Parks and Recreation Commission may result in the termination of participation in activities at JCPR facilities.

THE BOOSTER CLUB

To assist the Jefferson City Parks and Recreation Department in facilitating the program, the parents have formed a booster club. The booster club and its board consist of all the skater's parents, coaches and skating director, who work hard to help our teams accomplish goals. Though this group is not an agent of the Parks and Recreation Department, its help in raising funds is a vital support system of the skaters involved. It is recommended when parents have problems, they can go to the appropriate elected booster club board member who can bring the issue to the attention of the Parks & Recreation staff members. All grievances, concerns, and ideas must be presented to the skating director in writing and signed.

***** No skater or parent may remove funds from the booster club without proper documentation and/or receipts. All funds donated in the name of the booster club must be used for Capital Classics expenses only. There will be no exceptions. Any individual account funds unused during that skater's time on the team will be remanded to the general fund if they choose to no longer skate on the team or are asked to leave by the skating director.***

RESPONSIBILITIES OF THE BOOSTER CLUB

Overall

- Attend all **booster club** meetings
- Work at events or on committees to help fundraise

BOOSTER CLUB BOARD MEMBERS

President: Fannie Gaw 573-338-7770 fannie.gaw@gmail.com

- Preside over parent and board meetings
- Be the contact person between parents and coaches
- Be the contact person for other officers
- Be the start for the calling tree

Vice President: Julie Hawkins 573-220-7924 hawkins-julie@att.net

- Preside over meetings when the president is absent
- Take on special projects as needed
- Succeed the President

Secretary: Jennifer Hickman 573-680-4190 tjjbhickman@yahoo.com

- Take and distribute notes at parent and booster club meetings
- Prepare a phone roster and calling tree for each team

Treasurer: Misty Miles 573-645-4503 mrdamiles@gmail.com

- Keep financial records for the organization and for each skater
- Collect payments from parents
- Pay collective bills for the Capital Classics
- Supply parents with a statement of account at parent meetings
- Inform the organization of its financial status at parent meetings with a financial report

BOOSTER CLUB COMMITTEE LEADERS

- ****Committee's** – Each Family is required to volunteer a leadership position for the season. ***All committee's must seek approval on budget amounts prior to purchasing anything for the events.*** The following describes available positions:

FUNDRAISERS

Fundraiser Chair – Nancy Ordway

Fun Run, Every Booster Club Member is expected to work or walk at this event, each family will be assessed \$60 unless you sell 2 registrations (\$60) or 1 sponsor (\$60).

- | | |
|-------------------------------------|---|
| Chair – Fannie Gaw | >> Overall organization; schedule, Chaperones/Scarers, Permits, crossing guards, starter, turn around spot, Sponsor Sales, Collecting Registrations, etc. |
| Vice Chair – _____ | >> Assist Chair in duties, design event shirt as well as learn how to run the event as chair the following season |
| 1. Vanessa F. & Sarah M. | >> Registration; Goodie Bags, T-shirt, Candy, Water Buckets |
| 2. Donnie, Lisa, Nancy S. & Vanessa | >> Patrol the Path |
| 3. Julie H. & Leslie | >> Cleaning Crew; Before & After, Pre-Race Planning/Cleaning of Park |
| 4. Jon & Charlene | >>Section 1 for placing Scarers & Chaperones & decorations. Must pre-plan section before race. |
| 5. Julie G. & Shelly | >>Section 2 for placing Scarers & Chaperones & decorations. Must pre-plan section before race. |
| 6. Desiree & Meredith | >>Section 3 for placing Scarers & Chaperones & decorations. Must pre-plan section before race. |
| 7. Diane & Tasha | >>Water Crew; beginning/end & half way point. |
| 8. Amber & Chris | >>Crossing Guard |

Competition, Every Booster Club Member is to participate in the Competition Event. Each family is required to work two 4 hour shifts over the weekend or be assessed \$100.

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|--------------------|--|
| Chair – Fannie | >>Overall organization of volunteers/Schedule; Registration/Medals/Announcer/Music/Ice Monitors/T-shirts |
| Vice Chair – Diane | >> Assist Chair in duties as well as learn how to run the event as chair the following season. |
| 1. Jennifer | >>Hospitality organization |
| 2. Leah | >>Runners organization |
| 3. Dawn | >>Bake Sale organization |
| 4. Emily | >>Raffle Basket organization |
| 5. Julie H. | >>Chuck-A-Puck organization |
| 6. Misty | >>Decorations |
| 7. Buffy | >>Goodie Bags |
| 8. Paige | >>Run Surprise Event |

Trivia Night, Each family will be assessed \$80 unless you sell a minimum of 4 tickets.

Chair – Rick/Cathi Fenton >>>Overall organization; Flyers, set up, Questions, Announcing, etc.

Vice Chair – Meredith >>>Decorations/Registration/50/50/Raffle/Silent Auction

- | | |
|---------------------|------------------------------|
| 1. Rick | >>>Projector |
| 2. Buffy & Charlene | >>>Registration |
| 3. Sarah | >>>Scorekeeping |
| 4. Amy | >>>Side Games |
| 5. Tasha | >>>Organize Snacks & Skaters |

Sponsor Light Board – Each family is required to sell at least one \$50 sponsor for the board or be assessed \$50.

Chair – Jeff Pea >>>Program and Update the Sponsor information on the Light Board

Chipotle Fundraiser – Dawn

Buffalo Wild Wings Fundraiser – Julie M.

Candle Sales – Jennifer

Panara Bread Coupons - Amber

Car Parking – Plan a schedule for parents parking cars at various events when offered to the Capital Classics. Example: State Cross Country Event

Chair – _____

Travel Committee- Secure bus, hotel (must have continental breakfast and nearby restaurants in walking distance or plan all meals) and work with Rachel to obtain practice ice for National competition. Coordinate schedule for National competition with coaches and plan events approved by the board. Provide maps to rinks and hotels for competitions.

Chair – Nancy O.

Bulletin Board/Trading Pins – Keeps the bulletin board up to date & works with the teams to design an order pins and charms

Chair - Paige

Team Mom's – Each individual team has a minimum of two team parents, assign a parent to be in attendance at all practices who will take attendance of skaters and aid coaches if necessary, national goody bags, door hanger and team banner, keep a secondary record of attendance, coordinate travel spirit items, and assist with miscellaneous duties throughout the year.

Intensity Team Mom

1. Julie M.
2. Julie G.

Radiance Team Mom

1. Amy
2. Lisa

Social Committees – Plan Christmas party and any additional social or service event(s) approved by the board.

Chair – Desiree & Misty

Videographer - provide video of the team's performances to the coaches for review

Chair - Leah

ELECTION OF NEW OFFICERS FOR THE BOOSTER CLUB

Anyone desiring to hold an office must let the president know of his or her intentions by March 1. A slate of officers will be presented to the parents and voted on before the end of the skating season. Officers will take over at the end of the season banquet.

SYNCHRONIZED EVENT DESCRIPTIONS

***As taken from the ISI Competitor's Handbook 2012 edition.*

Synchronized Skating

Groups of 8-24 skaters who have already mastered the basics of good synchronized skating and are executing superior synchronized formations with speed, difficulty and accuracy. The program to music (vocals acceptable) should contain synchronized moves along with edges, intricate footwork and a minimum of two-foot skating.

There should be a minimum of stops (or pauses), because skaters should strive for continuous movement throughout the program with smooth transitions, and give the impression that it was done effortlessly.

The Skating team program must include at least one of each of the following basic elements: Line, Circle, Block, Wheel and Intersection using any forward or backward skating steps.

Small jumps or hops, technically difficult turns and connecting moves (i.e., brackets, choctaws, arabesques, Bauers, etc.) are encouraged. Skating teams use forward and backward skating steps such as chasses, progressives and crossovers along with maneuvers such as backward intersections, backward eggbeaters, backward figure eight pass through, backward spoke wheels, blocks, lines or circles with intricate footwork.

Unison, cleanness and speed are expected. Credit should be given for difficult moves when performed well and for the originality of the routine.

Lifts are permitted in the teen skating and teen dance events only. The lifting hand of the lifter(s) should not extend higher than their head(s).

Skating and Open Skating Teams

Jumps – Can include all single rotation jumps / Axels (see *Special Notes* below)

Spins – Upright spins only (see *Special Notes* below) for Tot, Jr. Youth, Youth age divisions / Any spins in Sr. Youth / Teen / Collegiate / Adult age divisions

Other – Any turns along with any forward or backward skating steps. Assisted lifts (see *Special Notes* below)

Illegal moves – No double or triple jumps and no backward spiral intersection

Special Note

Axels are permitted in the Skating events only with less than half of the team performing the jump at any time. No double or triple jumps are allowed at any level.

Spins are restricted in the Skating events to upright spins only in the Tot, Jr. Youth, and Youth age divisions. The free leg position is optional during the spin as long as the skaters' backs and heads remain in an upright position.

Acrobatic lifts are not allowed in any synchronized event. These are moves in which the skater is only held by the blade(s), foot (feet), leg(s), arm(s) and swung around. All lifts where the lifted skater(s) are in a totally vertical sustained position with the head down are considered an expression of acrobatics

and therefore illegal. Assisted vaults or other lifts where the lifted skater(s) are rotating around themselves are allowed provided there is no sustained, totally vertical position with the head down.

Costume and Props

Props are not allowed in Synchronized Formation and Skating events. Handheld props are allowed in Synchronized Dance events. A costume becomes a prop when it is detached and used by the hands. Examples: a hat that is taken off and put back on the head, a feather boa, a skirt, vest, jacket, sunglasses or other detachable piece of costume.

The penalty for using a hand-held prop in this event is the score of 2.0 under Correctness or Technical Merit.

Items that fall from a costume or the hair must be picked up immediately after the performance, so no deduction will be given. We strongly suggest teams use a method called sewing the secure hair for performances. Bobby pins are not allowed.

The penalty for teams that do not retrieve fallen items from the ice immediately after the performance in this event is the score of 2.0 under Correctness or Technical Merit.

Other

If the wrong music is played and the team stops and notifies the Referee within 20 seconds, the team may re-skate the program.

Any unforeseen happenings, such as a skater's laces coming untied, fall under the jurisdiction of the Referee for a decision.

When there is only one entry in the event, they must earn 80% of the total possible points to receive first place. Less than 80% receives second place.

SYNCHRONIZED SKATING TEAM EVENTS JUDGING CRITERIA

***As taken from the ISI Competitor's Handbook 2012 edition.*

Synchronized Skating: Technical Merit, Block, Unison, Circle, Choreography & Patter, Line, Music Interpretation, Wheel, Duration, Intersection(s) and General Overall.

There are many variations of each element. The descriptions below are the minimum requirements. If performed well, adding features such as step sequences, changes of hold, changes of configuration, changes of rotation and traveling can increase the difficulty of the element.

Block: An element where skaters are arranged in a minimum of 3 lines. The lines may be a straight, diagonal, curved or circular pattern. The lines of skaters should be straight with all skaters evenly spaced.

Circle: The shape should be round with even spacing between the skaters. There should not be any visible pulling or tugging between skaters.

Line: The line can be skated in one straight line, parallel lines, diagonal lines, etc.

Wheel: An element where all of the skaters rotate around a common center point. It can be done in different formations including 2, 3, 4 and 5-spoke wheels and parallel wheels. All spokes of the wheel should be straight and the lean of the skaters should be in the same direction.

Intersection: Any element where one half of the team intersects the other half of the team. No backward spirals are allowed.

ADDRESSES TO THE RINKS

- **Fall Fling - Line Creek Ice Arena**
5940 NW Waukomis Drive
Kansas City, MO 64151 (816) 505-2423

- **Best of the Midwest – Bode Sports Complex**
2500 Southwest Parkway
St. Joseph, MO 64503 (816) 271-5506

- **Winter Blast - St. Peters Rec-Plex**
5200 Mexico Road
St. Peters, MO 63376 (636) 939-2386

- **Sweetheart Open - Kennedy Recreation Complex** (a.k.a. South County)
6050 Wells Road
St. Louis, MO 63128 (314) 849-3089

- **Dr. Porter - Ann Arbor Ice Cube**
2121 Oak Valley Drive
Ann Arbor, MI 48103 (734) 213-1600

- **ISI Champs – Edge Ice Arena**
735 E. Jefferson Street
Bensenville, IL 60106 (630) 766-8888

City of Jefferson

Department of Parks, Recreation and Forestry
427 Monroe Street
Jefferson City, Missouri 65101



Carrie Tergin, Mayor

Todd Spalding, Director
Phone: (573) 634-6482
Fax: (573) 634-6489

Capital Classics Attendance Notification (EXAMPLE)

Susie Snowflake –Team Radiance

Excused Absences – 1/23/05 – sick
2/4/05 – out of town

Unexcused Absences – 3/2/05 – no call

Tardiness - 12/2/05 – 25 minutes late
12/15/05 – 10 minutes late

Dress Code Violation – 12/9/05 – no tennis shoes for off ice

Failure to make up a Missed Practice – 1/23/05

We are requiring a meeting with the parents/guardian of this skater. Please call me to set up a time when you and your skater can be available to meet at the ice arena to discuss these absences.

Thank you,

Rachel Bruemmer
Skating Director
573-634-6480

If you receive a letter like this and have any questions then please feel free to call me. Even if the letter does not state that you must have a meeting, you may request a meeting at any time with concerns you may have.

We , _____,
Parent(s)

of _____,
Skater(s)

understand that we are responsible for actively participating in the Capital Classics Booster Club in order to help these teams have a successful season and we acknowledge the following:

- As a member if I choose not to participate in fundraising for the specified regulations for each group fundraiser I will be assessed a specific fee per fundraiser.
- As a member I am required to sign up for and fulfill the duties of one major position within the Booster Club organization.
- As a member I am required to start the skating season with a minimum of \$150 in my skater's individual account.
- As a member I am not allowed to have more than \$250 in the negative over a 30 day period, otherwise my skater will be subject to suspension from the team until such time that I have the account above that amount.
- If I choose not to be a member I will not be able to use any funds raised by the Booster Club for the 2017-2018 season. I will pay all direct costs out of pocket for my skater(s).

Yes I wish to be a member of the Booster Club ☐

No, I do not wish to be a member of the Booster Club ☐

Sign and Date below:

Signature of parent

Date

**Please sign, detach and return to the Skating Director.

We, _____,
Parent(s)
of _____,
Skater(s)

acknowledge that our skater will be required to adhere to the Capital Classics Synchronized Team rules and code of conduct found in the 2017-2018 Capital Classics Handbook and accept the financial responsibilities stated within. We, and our skater, will remain supportive of all team members, Booster Club Majority voted rules/agreements and the Coaches of each team.

*We understand that the costs of synchronized skating with the Capital Classics will be approximately \$1,200-\$1,800 for the year.

*We understand that these fees may increase because it does not include events or merchandize purchased.

*We understand that if we would like to avoid paying a large amount at once that we can pay \$100 a month in to our account.

*We understand that should we have any questions regarding individual skaters or these policies, we should seek clarification from the skating director or coaching staff prior to off ice practice time.

*We understand that should be have any questions concerning fundraising we should seek clarification from the Booster Club Board.

Sign and Date below:

Signature of parent

Date

**Please sign, detach and return to the Skating Director.