

SYNCHRONIZED TEAM LETTERING PROGRAM

OBJECTIVES OF THE SYNCHRONIZED TEAM SKATING LETTERING PROGRAM:

1. To offer high school athletic status to figure skaters within a team concept.
2. To recognize the accomplishment and time commitment of the synchronized team skaters who have met the requirements.
3. Official high school athletic recognition is important to college applicants. This is especially important for those pursuing a spot on a collegiate level synchronized skating team program. The time demands of figure skating often prevent a student's participation in much of the regular high school varsity sports program. Varsity participation is often viewed as a measure of success by college.
4. To give figure skaters the same courtesy and empathy in academic considerations (excused absences and extended deadlines) which traditional high school athletes receive from faculty when events require them to leave school early, be tardy or absent.
5. Increase public awareness of the sport of synchronized team skating.

PROGRAM PREREQUISITES -SYNCHRONIZED TEAM SKATING:

The student/synchronized skater must:

1. Be enrolled in a participating school district and be in a grade eligible to receive a varsity letter
2. Be a current member in good standing with the USFSA and the RFSC.
3. Train under the supervision of an approved USFSA sanctioned synchronized skating coach
4. Have met the following requirements
 - a. Grades 7-12: -Passed Intermediate Moves in the field (MIF) or Pre-Silver Dance complete by December 31 of the current year.

- b. Currently a member of the RFSC Intermediate Level or higher synchronized skating team*
- c. Has been a member of a synchronized skating team for one entire season prior to current year*

*Being an alternate counts as team membership

5. Complete all required registration forms and activity fees.

6. Abide by all district, MSHSL, USFSA, and Independent Provider (IP) guidelines for academic and behavioral compliance.

PROGRAM REQUIREMENTS - SYNCHRONIZED TEAM SKATING:

(The program requirements must be met during the lettering program year which runs from June through May).

1. Train a minimum of 150 hours on RFSC contract ice including synchronized ice time.
2. Attempt at least one official USFSA Moves in the field (MIF), Dance or Freeskate (FS) test. This requirement is waived for a skater who has passed their Gold Dance or Senior MIF or FS test.
3. Participate in at least three (3) public events. One must be a USFSA or ISI sanctioned competition at or above the appropriate level (Intermediate level through grade 10 and Teen Introductory level or above for grades 11 & 12) and one must be an ice show. The remaining event is the choice of the skater's team. As much as possible, it should be noted that all efforts should be taken to identify the skater with their respective school.

Background information to support the formation of a synchronized skating lettering program:

1. Significant time commitment is required to be a member of the RFSC Intermediate level synchronized skating team.

Total hours required for participation in the synchronized skating team approximates the hours required for the lettering program. On-ice hours required for synchronized skating are a minimum of 120 hours from September through May (54 hours of scheduled team practices, 54 hours of additional on-ice individual skating time required for participation on the team, 12+ hours for

additional on-ice pre-competition practices.) In addition most team members skate additional individual on-ice time and participate in skating activities June-August.

2. Significant commitment is required in other areas including numerous off-ice practices during the year, weekend competitions involving long distance (out-of-state included), participation in the Midwest regional competition (averages about a 5 day commitment.)

3. Membership in a synchronized skating team requires specific skills. Because you reach a certain level in free style skating does not necessarily equate to the skills required to participate in a synchronized skating team. Additional skills are needed to enable the skater to work with a team and contribute to the team's success.