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# Welcome to Team Chiller

We're so glad to have you join the team! This guide is meant to provide team expectations to help you get off to a great and productive start.

## Our mission

The mission of the Team Chiller Synchronized Skating is to help our skaters grow as individuals and athletes by teaching responsibility, teamwork, discipline, and commitment while having fun and making new friends.

## Parent Expectations

Be ambassadors of goodwill — teach the skaters good sportsmanship in success, failure, and everything in between.

Support the team in all circumstances. Do not speak poorly of any team members, parents, or professionals in the presence of your skater, in front of other parents or skaters, or in the lobby.

Respect the decisions of the coach. The coach is a hired professional and parents must respect and support the coach's decisions and demonstrate this to their child.

Let the coaches' coach. Insist that your skater participates in a manner consistent with the team's plans. Do not interfere with practices.

Understand that being a member of a team is different than being a singles skater. Some individual decision-making authority will need to be yielded in the interest of the team.

Avoid comparisons of skaters, coaches, etc.

Know your child's schedule — practice, exhibition, and competition and insure that your skater is on time. Inform the coach in advance if you have a conflict. Check school and activity calendars early in the season and plan accordingly.

Use the 24-hour rule — if you have a complaint, please wait 24-hours before addressing it with the appropriate parties. Do not address complaints via email or text.

Remember this is your skater's athletic career, don't try to live out your dreams through your child.

## Skater Expectations

Give 100% at every practice. Be on time, dressed and ready to go 15-minutes ahead of scheduled time.

Attendance at all practices (on-ice and off) is imperative for the success of this team. Absence or tardiness will result in consequences determined by the coach and may include running laps after practice, sitting out of a competition and/or exhibition, or skating as an alternate.

Behave like a professional — progress can only be made with a cooperative and respectful practice environment. Disrespectful or inappropriate behavior will result in being asked to leave.

Understand that you contribute to the success of the team. Follow through with your commitments.

Talk to your coach if you have a problem or do not understand what is expected.

Respect the coach and the decisions they make. Understand that you may not always get your way and that decisions need to be made in the best interest of the entire team.

Respect your teammates at all times and in all places. This includes via social media, texting, etc.

Demonstrate good sportsmanship at all times.

Discipline — a skater may be immediately terminated from the team for theft, lying, unsportsmanlike behavior, or any other behavior deemed by the coaches to be a detriment to the team. You are still financially responsible if removed for disciplinary reasons.

## **Competition Expectations**

Skaters are required to be at ALL scheduled competitions. This includes all off-ice practices, on-ice practices, team lunches and dinners, and the competition itself.

Skaters are required to wear their team warm up uniform every time they are at the arena during competitions. This includes days where they are just watching other teams compete. Skaters are also asked to look neat in appearance.

Skaters are asked to attend all other Team Chiller performances' at a competition. At times, this may not be possible due to scheduling conflicts, however, the support of our teams is crucial to team spirit and motivation and we ask that you do the best you can to make it to the arena to cheer on your teammates.

Skaters are asked to display good sportsmanship at ALL times. We are all here to enjoy the sport, which signifies teamwork and cooperation. Be encouraging to fellow competitors and supporting of all who are in attendance.

Competitions can be stressful. There will be good skates and not so good skates. Whatever happens, all athletes are expected to demonstrate excellent sportsmanship at all times. Remember, learning experiences come from the good as well as the NOT so good.

Every skater is required to have a chaperone (age 18 or older) with them during the competition. This is for safety reasons. Parents/chaperones should know where their child is at all times, unless they are with the coaches or the official team chaperones.

Boyfriends or friends are not to be with a skater while at the rink, the hotel, or during any team function during all competitions, exhibitions, shows, or practices.

On the day-of competition, the skaters may be asked not to sit with their parents before the team skates. They will need to be, as a team, focused and alone with the coaches and/or team manager/team officer.

It will be the team managers job to enforce all off-ice rules at the competition and to communicate any violations to the coaches.

## Team Chiller Code of Conduct

By signing below I hereby agree that:

1. I will be present and on time for all practices (both on and off ice) and performances. I will notify my coach in advance if I am unable to attend a practice or competition.
2. I will wear the appropriate attire to all practices and competition.
  - i. I will wear the following required practice attire: ○ Plain black leggings/pants ○ A plain black fitted, athletic t-shirt or tank top ○ Warm-up jackets ○ Skaters may wear spirit wear as athletic layers
  - ii. I will wear my hair back in a ponytail/braid/bun. I will not wear gloves, necklaces, bracelets, dangle earrings, or other bulky jewelry.
  - iii. I will arrive at the rink in athletic shoes (no Keds, Converse, flip flops, uggs, or slip-ons), regardless of if off-ice practice is scheduled.
3. I will come to practice prepared. This includes: bringing my water bottle with me on the ice, using the restroom before practice, knowing all program steps as expected, and being well rested/ appropriately nourished. I will do my best to finish my homework before Sunday/Wednesday practice. I will be fully present (mentally) during practice, and will give 100% to my team.
4. I will communicate with my coach if I am not feeling well, injured, or otherwise having a problem that will affect my ability to skate/perform.
5. I understand that I represent Team Chiller at all times within the rink *and* while wearing team spirit wear. I will behave in a positive manner that is consistent with team expectations.
6. I will treat any skating rink and rink staff with respect and courtesy. This includes helping to clean up the lobby/locker room space after practice/performance, even if I was not the one to make the mess.

7. I will be respectful of other customers/athletes/patrons etc. that are sharing/using the rink facilities at the same time as my team.
8. I will keep up with weekly private lessons, moves in the field testing, and individual practice. I understand that private lessons are required if I am on a competitive team.
9. I acknowledge that it is my responsibility to learn and know the program and its required skills. Skating/practicing the program outside of team practice is required.
10. I will be respectful to my coach, my teammates, my parents, and myself. I acknowledge that positive behavior is expected — from skaters and parents — at all practices and team events.
11. I will respond to directions, avoid horseplay, and maximize the benefit of each practice.
12. I will give my coach and my team my complete attention during practice and performance.
13. I will demonstrate an attitude of cooperation, enthusiasm, and good sportsmanship.
14. I will support all my opponents in competition and respect the rights of all skaters to participate.
15. I will never ridicule or yell at my teammates/child/or other participant for making a mistake, or blame my teammates for placement in a competition.
16. I understand that drug or alcohol use by any team member is strictly prohibited.
17. I will respect the coach and refrain from coaching my child or other skaters during competitions and practices because it may conflict with the coach's plan or strategies.
18. I will present suggestions or concerns about team members, parents, or coaches to the coaching staff. I will do so at an appropriate time and place, not during practice unless in case of a safety concern or emergency.
19. I will promote a positive team attitude toward myself, all skaters on my team and my coaches. Negative attitudes and gossip destroy the morale and success of the skaters. Any such feelings or thoughts will be discussed with the appropriate parties, to resolve any issues.
20. I will attend and cheer during all other Team Chiller performances' at competition as outlined in my coaches competition schedule. I understand that the support of our teams is crucial to team spirit and motivation.
21. I understand that the practices before competition are mandatory. If I miss the last practice prior to a competition and/or practice ice at competition, I understand that I may not be able to compete and/or may serve as an alternate. I understand that I am still expected to attend the competition or performance as an alternate, and that this rule is in place for the overall safety of the team.
22. I will attend and participate in all team events, team meals, and team bonding activities to the best of my ability.
23. I will support and encourage every member of Team Chiller, including myself. I will make sure that I am behaving in a manner inclusive to all of my teammates.
24. I will behave as a role model for younger skaters and other athletes.

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Skater Name (Print)      Date      Skater Signature      Date      \_\_\_\_\_

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Parent/Guardian Name (Print)      Date      Parent/Guardian Signature      Date