

SKATER'S & PARENT'S PLEDGE

- I will give my best at all practices, classes, exhibitions and competitions. I will demonstrate excellent cooperation, conduct, teamwork and sportsmanship.
- I will treat my team members and coaches with respect at all times.
- I will attend all practices. If a practice must be missed due to illness or injury, I will notify the Synchro coach. I understand that absences and tardiness may result in disciplinary action.
- I will do my best to attend ALL practices. I understand that attendance at practices is very important to improve my skating skills, and thus it will also help my team grow and improve.
- I will be responsible for giving all letters and notes to my parents/guardian. I will check my email in a timely manner.
- I will arrive 10 minutes before each practice. I will be warmed up and on the ice at the start of practice.
- I will wear my practice clothing to each practice. This includes: black-colored skating attire, and hair up and out of my face. I understand that any outerwear or gloves may or may not be allowed during practice, and is at the discretion of the coaches.
- At all competitions I will dress like my team. I will wear my team jacket and pants, and keep my hair up and makeup on until I leave the competition arena for the day.
- I will not be involved in any altercation that is an embarrassment to me or the team.
- I will respect other people's belongings, and will not touch anything that does not belong to me unless I am given permission to do so.
- I understand that misconduct violations will result in disciplinary action.
- I will follow the coach's request regarding additional skating necessary to improve my skills for the overall good of the team.