



2020
2021

SYNCHRO & PRODUCTION
HANDBOOK

www.talbotfigureskatingteam.org

Talbot Figure Skating Team

P.O. Box 1344

Easton, Maryland 21601



Introduction

<p>What is a synchronized team?</p> <p>Synchronized Skating is a fun and rewarding experience for all ages. It involves eight to twenty-two skaters performing various formations in unison to music. The objective is for the skaters to perform as one unit rather than individually. Teams are generally comprised of skaters of similar skill levels and ages. They can incorporate various skating formations such as circles, pinwheels, lines, blocks, and intersections. Synchronized teams allow participants to strengthen their own individual skating skills while at the same time enjoying the atmosphere of a team sport. Skaters will benefit from the accomplishments of the team and will be able to share in the experience and energy of a dynamic group. Achieve goals as a team, and everyone wins! For more information on the types of team divisions, please visit the ISI website.</p>	<p>What is a production team?</p> <p>Skaters of all ages and ability can participate in this theatrical team event. This is a creative and artistic program usually based on a story or theme, using costumes, props and technical skating to enhance the production performance. This team event is for groups of eight or more skaters. Teams will be judged on the performance value of the program. There are no required maneuvers and no technical score for this event at competition. The team uses music along with elaborate costumes and props to enhance the theme while creating an entertaining performance. A team's competitive category is based on the number of skaters on the team. And...it's fun!</p>
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Team Practices

On-ice practices for this season are on Sundays between 6:45 and 8:45 p.m. depending on your skater's team and placement. Off-ice practices will be scheduled as needed and will take place at the Talbot Community Center. A detailed team calendar will be provided to you upon finalization of teams. Additional practices may be required prior to competition and exhibition performances as well as post season ice practice for April competition(s).

Communication

Our primary means of communication between the Talbot Synchronized & Production Skating Teams, coaches, and parents is via email. Please check your email often for updates and news. For this reason, it is very important that we have your correct email address. It is sometimes helpful to create an email account to be primarily used for skating activities.

Coaches

Coaches make all decisions regarding team member selection for both synchro and production teams. In addition, coaches will also select the music, choreography, dresses, costumes, makeup, and performance participation of each team. Only coaches will be responsible for enforcing team expectations or rules during on or off ice practices.

Skating Demonstrations

Special for 2020-21 – Any skaters new to synchro or production will be asked to participate in a 30-minute on-ice mini-clinic and assessment. This will give coach(es) an opportunity to assess skaters' skills and comfort level on the ice.

Returning skaters will be added to the team based upon known age and skill level. No assessment will be needed due to possible Covid-19 related capacity limits on the ice.

If a new skater is not able to participate in group assessments, a private assessment will need to be scheduled with the coach(es). The alternative assessment will incur an assessment fee, in addition to any fees for freestyle ice time and/or additional coaching fees charged by the coach(es).

A skater's age, skating skill level, prior season team commitment, and good sportsmanship (if applicable) will assist in a skating team selection. A skater's financial commitments from a previous season must be fulfilled before a skater will be offered a slot on any Team this season.

<u>Synchronized Skaters</u>	<u>Production Skaters</u>
<p>The level and division of the teams varies each season. To be eligible for TFST's synchronized skating team, skaters should have had some type of previous professional instruction (through enrollment in a Learn to Skate program or through private lessons) and must be willing to meet all other team requirements.</p> <p>Skaters who are not able or ready to participate on the synchronized skating team are encouraged to participate with Talbot Figure Skating Team's Production Team and/or in Talbot County Parks & Recreation's "Learn to Skate-Showtime" program for additional skill building and performance opportunities.</p>	<p>Talbot Figure Skating Team's Production Team has a spot for everyone. Skaters of any age and any level of skating ability are welcome. All skaters, parents, friends, and siblings are invited to join the Production Team. No minimal level of skating of skill is required. Members are encouraged to participate in a Learn to Skate program and/or private lessons, but it is not mandatory.</p>

Team Expectations

All skaters on the synchro and production teams are required to be a member in good standing of the Talbot Figure Skating Team including current ISI membership. Parents and skaters are both required to sign the release on the final page of this handbook stating that you have read and understand these rules. You will receive a copy of the rules via email.

<p><u>Synchronized Skaters</u></p> <p>Synchronized skating teams require significant commitment, loyalty, and accountability from our families. Practices should be a high priority to you, and skaters need to be attentive and respectful of each other and the coaches during this valuable time. A skater who misses more than three practices may be dismissed from the team.</p> <p>All skaters must be participating in some form of instruction during the current season: ISI Learn to Skate, private lessons, or both. All skaters should be practicing on their own at freestyle sessions throughout the season. When scheduled, Synchro Team skaters are expected to attend the team's off ice practices as well.</p>	<p><u>Production Skaters</u></p> <p>Attendance and promptness are expected for the Production Team program to be successful as well. Participation in home performances and competitions will be up to the coach's discretion based on attendance at practices both on and off the ice.</p>
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Attendance

Skaters should notify the coach ahead of practice time if they cannot attend a practice. Listed below is the contact information for our TFST Synchro and Production coaches. Please send them an email when you know of a practice for which you will be absent.

Larisa Frankoski – coachlarisa@mac.com

Rebecca Crotti – membership@talbotfigureskatingteam.org

All skaters should arrive at the rink at least 10 minutes before their teams' practice time to put on their skates well in advance of their ice time.

It is important for a skater to review his or her routine before a competition. Therefore, a skater may not be allowed to participate in an event if they have missed the final practice before a performance.

If there is a behavior problem that interferes with practice, the skater/skaters involved may be asked to leave the ice. This will be considered an absence.

Skaters who have been diagnosed with an injury are asked to come and watch practice from the side if possible.

Special for 20-21 – Any skater who has been exposed to Covid-19 in the past 14 days or are showing Covid-19 symptoms (listed below) should stay at home and not attend practice, competitions, or exhibitions. Please make your coaches aware of this through email.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

All skaters are expected to help limit the spread of Covid-19. For this reason, we ask that all skaters wear their mask continually; only removing it for water breaks. If a skater chooses not to wear their mask or comply to the social distancing rules, TFST may have to ask the skater to leave the facility.

Dressing for Practice

Skaters should dress in light layers. Please do not wear oversized sweatshirts, hoodies, heavy or bulky tops, or jeans.

Wearing the official Talbot Figure Skating Team competition jacket during team practice sessions on the ice is not advised or permitted.

Skaters should not wear gloves during practice. **Special for 20-21- Since skaters will not be asked to connect in any way, skaters may wear gloves for synchro as well as production practice.**

Hair must be pulled back so that it is out of the skater's face (bun or short ponytail preferred) and off of skater's shoulders.

If a skater is wearing attire that is deemed inappropriate for practice, a coach will provide feedback for any changes that need to be addressed.

Sneakers or other athletic shoes (no boots) should be worn for off-ice practices.

<u>Synchronized Skaters</u>	<u>Production Skaters</u>
Skaters will be asked to wear leggings or yoga pants (preferably black) with either the designated team shirt or a solid black shirt. Additional practice apparel and accessories will be available for optional purchase.	Specific practice attire will be communicated once a skater's role(s) is assigned for the season.

Competitions & Exhibitions

All Synchronized Skating Teams (Junior Youth, Youth, Senior Youth, Teen, Adult, etc.) & the Production Team(s) are typically budgeted to attend at least three competitions within our District and/or neighboring states and two exhibitions (at our home rink TCCC). Competitions are scheduled between January and April. Dates will be provided when finalized within our District.

Additional exhibition-like performances may be added at TCCC such as a performance at Skate with Santa or Valentine's Skate. You will be notified in our official schedule once confirmed.

Special for 2020-21 – Due to Covid-19, these dates and specifics may be delayed or in flux. Please be as patient as you can. We will be relaying any information to you as soon as we know it.

The skaters and families of Talbot Synchronized Skating & Production Teams are expected to positively represent the goals of the team and the mission of ISI at all times. As ambassadors of the sport of figure skating, good sportsmanship is expected during every practice and event. Except when otherwise advised, parents will be expected to be responsible for their skater(s) at all times.

Despite the stressful nature of competition, all skaters should do their best to remain composed, gracious, and positive regardless of the judges' decisions. Skaters must show respect for judges and other competitors at all times. Learning to manage success as well as disappointment in a positive way is a critical learning opportunity for team sport participants.

Skaters are also asked to attend all other TFST teams' performances in a competition. At times, this may not be possible due to scheduling conflicts. However, the support of all 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 all Talbot teams.

Dresses, Costumes, Hair and Make-Up

<u>Synchronized Skaters</u>	<u>Production Skaters</u>
<p>All synchronized skaters will receive a dress, two pairs of tights, accessory(s), and make-up that corresponds to their theme. The dress, tights, accessory(s), and make-up will be billed separately at the beginning of the season.</p> <p>Each skater is responsible to bring their dress, tights, and accessories to each exhibition and competition. Each skater's make-up will be provided at the events. Unless specifically instructed to do so, synchro costumes are not to be worn for any other reason or skating program.</p> <p>Skaters are asked to not eat or drink (except water) while wearing their dress.</p> <p>All skaters be required to wear the established hair and make-up style for the season. In some cases, skaters may be asked to wear false eyelashes, extra make-up, large accessories, and/or artificial hair or hair extensions if needed to establish the synchronized look of the team.</p> <p>Most often, skaters will be required to wear a "synchro" bun for a season's look. If hair is too short to create the bun, hair will be slicked back and secured. In some instances, an artificial bun may be provided to facilitate a hair accessory and adhere to the synchronized requirement.</p> <p>*(Information will be provided in the future on how to create the bun if this is the required hairstyle.)</p>	<p>Production skaters will be given costumes and props according to their roles in the routine. They will be responsible for their items the entire time they are at practice, at competitions, and at exhibitions. Costumes and props will be labeled and stored separately for each skater. (Skaters will not take these materials home.) At the beginning of each practice or performance, production skaters will need to put on their first costume and skate all of their remaining items out to the ice to be placed in the given area "backstage". When finished with practice or a performance, each skater will remove their items from the ice and store their items for the next event.</p>

Parent Meetings

At the beginning of the season, parent meetings will be scheduled for each team. At the meetings, we will discuss each team's dress or costume, hair, and make-up requirements as well as answer any parent/skater questions you may have. These meetings will be mandatory to keep each member informed and ready for their season.

Financial Commitments

Final costs can NOT be calculated until all team memberships have been finalized. The annual bill for ice and coaching fees will be split equally between all team members for all synchronized and production teams. Fees are NON REFUNDABLE. If your skater cannot complete their commitment to a team for any reason, you will be responsible for the full amount of your membership at the date of withdrawal.

Special for 2020-21 – If Talbot Community Center and Ice Rink closes due to Covid-19, you will not be responsible for the remainder of your season fees as of the date of closing. All dresses, tights, costumes, and accessories will be billed in advance at the beginning of the season. Team fees (coaching, ice fees, competition fees, etc.) will be billed on a month by month basis. All invoices will need to be paid promptly. We will be running on a tight timeline and need your support.

Potential Cost Offset:

‘Synchro & Production Team Only’ fundraising may be required to reduce overall team and individual costs. Additional fundraising opportunities may be offered to offset your team synchro fees for the current season as well. All fundraising earned will be reimbursed by the end of each event. Credit balances from fundraising cannot be reimbursed in cash and must be used by the end of the current skating season.

Volunteer Commitments

At the beginning of the season, we will ask for volunteers to be Team Parents. We need a Team Parent for each team to help us stay organized. These duties will include keeping attendance and the team performance box, communication/response assistance, and costume and prop maintenance and storage (for production). In addition, they may be asked to assist in the coordination of playing music during practice.

All parents will be asked to participate to make the most of our valuable ice time. It will take all parents working together to make it work. At the start of the season, we will ask that you volunteer to assist in one specific area for the season. Please be ready to assist at each practice, exhibition and competition in your area.

Beyond the commitments with the Talbot Figure Skating Team club, parents/guardians of the skaters on the synchronized and production teams will be asked to assist in various ways during the season’s practices, exhibitions, and/or competitions. There will be additional opportunities for parent volunteer positions such wardrobe/costume creations, production prop creation, assembly/dismantle, and transportation, etc.

Questions?

E-mail - coachlarisa@mac.com OR membership@talbotfigureskatingteam.org

Acknowledgement Page

To be completed no later than October 15, 2020:

Please print this page. Initial next to each section and sign below indicating you and your skater have read and accept the terms of the season and understand the requirements of the 2020-21 Talbot Synchronized Skating & Production Team Handbook, which governs your skater's participation on the Synchronized and/or Production Skating Teams, specifically:

_____ Missing more than three practices may be dismissed from the team. Should that occur, NO REFUNDS will be given.

_____ I have read the teams' practice and competition dress policy.

_____ Communication for Synchro & Production Teams, coach(es), and parents is via email. I will do my best to routinely check and be prompt to respond.

_____ I and my skater are expected to positively represent the goals of the team and the mission of ISI at all times.

Team Member Name Printed

Team Member Signature Date

Parent Name Printed

Parent Signature Date

