

Congratulations

Your skater is competing for the first time!

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There are various "unwritten" expectations and ideals that go along with competing that we ask you and your skater adhere to, as a member of RFSC and Skate Canada, and in the spirit of providing a positive experience for all skaters who are participating. **They include:**

PERSONAL AGENDA:

- Please be sure to arrive an hour before your event (warm up time), as in skating, it is very common to run ahead of schedule.
- Skater's hair must be in a neat and orderly fashion- preferably up in a ponytail or bun. Many skaters also add glitter, scrunchies and/or shiny clips in their hair as well. Please ensure they are securely in place, thanks!
- Make-up must be already on when you arrive. Remember the skaters are on bright white ice, with fluorescent lighting, and can be washed out by this. So, emphasis on blush, eye shadow, eyeliner, mascara and lip gloss is often accentuated. A good cream underneath will help wash it off afterwards.

COACHES CORNER:

- Our head coach, Janna MacLellan, will inform the skaters when to do their off-ice warm up and when to put their skates on for on-ice warm up.
- She will also provide pep-talks to the skaters during this time and it is recommended that the guardians leave the skaters in the coaches hands at this time- it is always a good idea to get your seats early so as to have a good spot for viewing anyways and leave the preparing to our Coach.
- Coaches expenses for competitions will be divided appropriately amongst all participants at any given competition and added to your next invoice from your coach. *These expenses can be made up of items like, professional fees for time, food, lodging, mileage, plane tickets, etc...*

EXPECTED BEHAVIOUR:

- It is important to remember that we are entering this competition as a TEAM representing the Club. Someone must always place first and someone must always place last and in this sport it can vary like the wind.
- We ask that you prepare your skater for any outcome and strongly encourage good sportsmanship. Winning and losing with grace is key!

- Inside the arena is not the place for temper tantrums, sobbing/screaming etc..., nor is it the place to gloat, shriek of joy and throw medals in the faces of other skaters. We ask you to take this seriously and should this start happening, we ask that you take your skater out of the arena to your car or another private place until the child is contained, and ready to return and support the other skaters.
- Smiles, a quick high-five or a hug is appropriate and welcomed for your skaters, no matter where they place. As well, at most competitions there are trinkets or flowers that can be purchased to encourage and support your skater, which helps alleviate any disappointments and/or celebrate a success without making a big scene.

NO TOLERANCE:

- No judges, Coaches, Parents or Skaters are to be talked about in a negative fashion, in any arena, whether competing or not.
- If you have an issue or concern with your skater's participation, please come to a member of the Club Executive or their coach to discuss your situation. Miscommunication otherwise ensues which does not and will not benefit your skater.

FUN, FUN, FUN:

- This sport can be very competitive and as a result a skater can experience many highs and lows. It is imperative that all our skaters learn to accept this and understand that it is a valuable and sometimes humbling learning experience for them, as everything in life does not and will not come easily. Remember too that ALL SKATERS will experience their own highs and lows. No-one is alone in this and as skaters advance, all criteria gets tougher, and in many cases longer to accomplish. It is about achieving one's personal best and that is what we are here to support.
- Most importantly however, our Club and Skate Canada is about being active and having FUN!
- All our skaters are special to our club. We value and celebrate everyone's uniqueness and their accomplishments. **Welcome to the team!**



PLEASE NOTE:

If any skater or parent/guardian does not following these guidelines, the skater may not be permitted to compete for our club in the future as per the Executive, RFSC.