

**GENERAL RULES AND GUIDELINES**  
**SKATE AMHERSTBURG STARLIGHTS**  
Revised August 20, 2009

Skaters who are going to be late or not attend practice should notify Shelley PRIOR to practice. Please contact Shelley at home, 519-736-3761, on her cell, or if time permits via email at jsknapp3@hotmail.com. **Do not** pass the information on through another skater. In the event of an emergency situation when Shelley is already on the ice you may contact our team manager; Sharon on her cell.

Skaters who are deemed late for practice will skate in an alternate position for the remaining practice time. Practice starts at 4:10 pm and will begin with individual warm-up followed by block practice. Skaters not on the ice for block will be considered late.

Although the dress belongs to the skater, the current dress should NOT be worn for individual competitions or for test days.

If a skater can only attend one of the skates at a competition and/or an ice show performance the skater will become an alternate. This minimizes the disruption to the alternates.

Skaters that are attending a competition must attend the practice immediately before the competition.

Each skater and/or parent has been provided with a copy of the Team Code of Conduct, the Parent Code of Conduct and these General Rules and Guidelines. The following will be our disciplinary procedure in the event any of these expectations are not met.

- Step 1            Each infraction will be brought to the attention of the skater and/or involved party. The purpose of the initial contact will be to understand the nature of the difficulty and to determine if there is any way management can be of help in resolving the situation.
- Step 2            As soon as it becomes apparent that verbal counseling or warnings are not working, the skater and her/his family will be notified in writing of the infraction(s):
- Details of the incident in question;
  - Corrective measures expected;
  - Timeframe in which the required corrections are to be attained;
  - What actions may follow if no corrections are taken.
- Step 3            If following written notification no apparent corrective action is achieved, the future of the skater as a Team member will be turned over to the Coach and/or the Synchronized Skating Committee.