

## ***STARLIGHTS SYNCHRO TEAM CODE***

1. I AGREE to attend all practices, (on and off ice) and to be punctual. If I am late for a practice, a team alternate will skate in my position for the entire practice.
2. If I cannot attend a practice, I WILL notify the coach prior to practice. If I miss too many practices, my position on the team may be (permanently or temporarily) given to an alternate.
3. I WILL see to it that I am always dressed appropriately for practices and competitions. Skaters should wear proper skating or athletic attire to practices. (no Jeans) Running shoes must be worn for off-ice practices.
4. I WILL always show respect for all other team members and coaches. I will not make comments that could be hurtful to others. Positive comments are always welcome.
5. During practice, I will always LISTEN to the coach and participate in all activities.
6. Synchronized skating is a team sport. I WILL NOT practice individual freeskating moves unless instructed to do so by the coach. Alternates must practice the same steps as the team.
7. I CAN voice my ideas or concerns, but I understand that the coach makes all final decisions regarding programming and choreography. Any new ideas must be brought to the coach for approval, and rehearsed before adding to the program.
8. I PROMISE to help other teammates and to always have a positive attitude.
9. At competitions, I WILL show respect for all other teams, coaches, officials and volunteers.
10. I WILL do everything with enthusiasm and above all I WILL try to have FUN!

I have been chosen to be a member of the STARLIGHTS synchronized skating team. I KNOW that my selection to the team is a PRIVILEGE and at any time I can be dismissed for inappropriate conduct or attitude.