



Compuware Arena
14900 Beck Rd.
Plymouth, MI 48170

January 26-28, 2012



Team Guide / Handbook



Table of Contents

Competition Checklist	3
Synchronized Team Skating Guidelines.....	4
Packing Lis and Uniform Rules.....	5
Directions to Hotel from N. Olmsted	6
Directions to Compuware Arena from N. Olmsted.....	7
Directions to Compuware Arena from Hotel.....	8
Directions to Dearborn Rink from Hotel.....	10
Directions to N. Olmsted from Compuware Arena.....	10
Complex Diagram.....	151
OFFICIAL Practice Times	16
UNOFFICIAL Practice Times.....	17
Team Schedules	18
Team Competition Times	18
Competition Schedule.....	18
Edges Cheer	18
Competition Etiquette/Pins/Door Signs/One Call Now	19
Competition Guidelines	19
Cleveland Edges Skating Club - Parents Code of Conduct.....	20
Cleveland Edges Skating Club - Skaters Code of Conduct.....	21



COMPETITION CHECKLIST

Each skater should have the following items with him or her in the locker room at **every** skating competition and exhibition.

- | | |
|---|---|
| <input type="checkbox"/> Skates | <input type="checkbox"/> Competition outfit |
| <input type="checkbox"/> Practice uniform | <input type="checkbox"/> Proper Warm-up Uniform |
| <input type="checkbox"/> Skate bag | <input type="checkbox"/> Hard guards (with name clearly marked) |
| <input type="checkbox"/> Extra tights and laces | <input type="checkbox"/> Hair donut/net |
| <input type="checkbox"/> Blade covers (soft guards) | <input type="checkbox"/> Competition and practice hair pieces |
| <input type="checkbox"/> Make-up | <input type="checkbox"/> Personal needs |
| <input type="checkbox"/> Clean tennis shoes | |

Skaters are required to remove all rings, earrings and other jewelry prior to entering the locker room. Fingernails must be free of colored nail polish and short in length.

Ensure all items are clearly marked with skater's name.



SYNCHRONIZED TEAM SKATING GUIDELINES

- STSG-1 Parents/skaters are expected to be flexible regarding time schedules, as they tend to be fluid and can change at a moment's notice. **Go with the flow...and ENJOY!!**
- STSG-2 Skaters are more than welcome to offer suggestions on the program, variations to patterns or movements to the coach before or after practice. The skater will not be allowed to do so while practicing, as it wastes valuable practice time.
- STSG-3 **All skaters win or lose as a team.** No individual skater shall be singled out as causing a team to lose. Any willful negative action by a skater may automatically cause them to be replaced.
- STSG-4 An Alternate shall be accepted as an important and very valuable member of the team and will be treated as such.
- STSG-5 All additional practices (on-ice or off-ice) before a competition are considered mandatory.
- STSG-6 Skaters must report room numbers to Team Managers. When leaving the assigned hotel for non-scheduled team functions, each skater must sign out on the sheet posted on the Team Manager's door and sign in upon return.
- STSG- 7 No valuables will be allowed in the locker room as we lack proper security at competitions. Valuables should be left with parents.
- STSG- 8 All skaters must have hard skate guards for their skates at all competitions.
- STSG- 9 Unless excused by the Coach and Team Manager, skaters are expected to support our other teams at competitions. Skaters not only represent their team but they also represent the designated Figure Skating Club and its Synchronized Team Skating program.
- STSG-10 There will be no smoking on team travel busses.
- STSG-11 All luggage must be marked with skater's name and address.
- STSG-12 Competition Outfits and Practice Uniforms must be stored properly and NOT in the skate bags.
- STSG-13 Team members are encouraged to participate in all fundraisers. Some fundraisers for the general fund require participation. A minimum amount of participation time or selling commitment will be established.
- STSG-14 All parents are to participate on at least one committee.
- STSG-15 Parents are expected to help promote a positive TEAM attitude with their own skater and all skaters on the team and the coach.
- STSG-16 Our teams enter competitions to skate the best they physically can. Parents must ensure the skaters are doing what is best for the team goal. Don't permit entertainment (partying, sight-seeing, shopping, poor eating habits, etc.) to interfere with that goal.
- STSG-17 Parents, skaters and CESC spectators are expected to conduct themselves in a way that exhibits a positive reflection on the Club during all competitions and exhibitions. This includes, but is not limited to, group travel and group housing times.



Packing List

CESC GARMENT BAG

Your uniform should be carried in your CESC garment bag. If you do not have one, please use an appropriate method to store your uniform so it will not become damaged or dirty.

CESC SKATE BAG

In addition to the uniforms, each Skater must carry a skate bag containing the following items:

- Skates with proper size laces
- Hard guards
- Terry cloth blade covers
- Towel
- Extra laces (proper size)
- Extra competition tights
- Make-up
- Hair needs
- Personal needs

UNIFORM RULES

The CLEVELAND EDGES SKATING CLUB has defined the following standards for all Skaters. It is expected that Skaters will comply with these standards at all times while in "Uniform". FAILURE TO COMPLY WITH THESE STANDARDS MAY RESULT IN THE SKATER BEING DENIED THE PRIVILEGE OF PERFORMING WITH THE TEAM.

- Hair is to be worn up, (styled in a bun or French braided for competition) unless excused from wearing hair in this fashion by the Coach.
- No colored nail polish may be worn. Fingernails should be short in length.
- Only jewelry approved by the Coaching Staff and Team Manager is permitted. Jewelry should be at the hotel or with parents to prevent loss.)
- All team members must wear deodorant.
- Make-up applied as instructed.
- Skate bag containing the items listed above.
- BEHAVIOR AND MANNERS BECOMING OF A CLEVELAND EDGES SYNCHRONIZED TEAM SKATER!!!
- DISPLAY GOOD SPORTSMANSHIP AT ALL TIMES!!!

NOTE: We have a FABULOUS reputation in the synchronized skating community. We have been mentioned in skating message boards as being a really friendly team. Let's try to maintain that!!

PLEASE NOTE THAT ALL UNIFORMS ARE IDENTICAL AND OTHER ITEMS OF CLOTHING MAY LOOK SIMILAR. TO PREVENT LOSS OF PERSONAL PROPERTY, ALL ITEMS ARE TO BE CLEARLY LABELED WITH THE SKATER'S NAME.



Directions to Hotel from N. Olmsted

Sheraton Detroit Novi
 21111 Haggerty Road
 Novi, MI 48375

21111 Haggerty Road



You are at 26000 Lorain Rd, North Olmsted, OH 44070-2738

1.	Go Northeast on OH-10 (Lorain Rd)	0.5 miles
2.	Turn sharply right onto OH-252 (Great Northern Blvd)	0.6 miles
3.	Take I-480 W (Toledo) ramp on right	4.7 miles
4.	Take I-80 (I-480 W, Ohio Tpk, Toledo, Toll Rd) exit on right	80.5 miles
5.	Take Exit 71 (I-280 N, Toledo, Detroit) on right	1000 feet
6.	Take I-280 N (Toledo, Detroit) ramp on right	13.0 miles
7.	Take I-75 N (Detroit) exit on right	3.8 miles
8.	Continue onto I-75 N	19.5 miles
9.	Take Exit 20 (I-275 N, Flint) on right	0.9 miles
10.	Take I-275 N ramp	32.8 miles
11.	Take Exit 167 (8 Mile Rd) on right	1000 feet
12.	Take 8 Mile Rd ramp	0.2 miles
13.	Turn left onto 8 Mile Rd	0.4 miles
14.	Turn right onto Haggerty Rd	0.2 miles
15.	You are at 21111 Haggerty Rd, Novi, MI 48375-5305	



Total Travel Estimate: 157.5 miles | 2 hrs 33 min

For traffic information tune to WJR 760 AM radio.



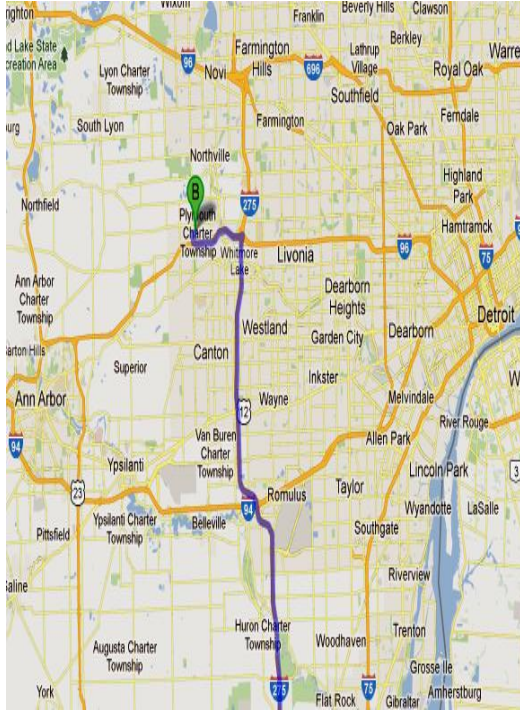
Directions to Compuware Arena from N. Olmsted

Rink Information

Compuware Arena

14900 Beck Rd.

Plymouth, MI 48170



You are at 26000 Lorain Rd, North Olmsted

1.	Go Northeast on OH-10 (Lorain Rd)	0.5 miles
2.	Turn sharply right onto OH-252 (Great Northern Blvd)	0.6 miles
3.	Take I-480 W (Toledo) ramp on right	4.7 miles
4.	Take I-80 (I-480 W, Ohio Tpk, Toledo, Toll Rd) exit on right	80.5 miles
5.	Take Exit 71 (I-280 N, Toledo, Detroit) on right	1000 feet
6.	Take I-280 N (Toledo, Detroit) ramp on right	13.0 miles
7.	Take I-75 N (Detroit) exit on right	3.8 miles
8.	Continue onto I-75 N	19.5 miles
9.	Take Exit 20 (I-275 N, Flint) on right	0.9 miles
10.	Take I-275 N ramp	28.9 miles
11.	Take Exit 29 (M-14, I-96 E, Detroit, Ann Arbor) on right	1000 feet
12.	Take M-14 (Ann Arbor) ramp on left	4.4 miles
13.	Take Exit 18 (Beck Rd) on right	0.4 miles
14.	Turn right onto N Beck Rd	0.3 miles
15.	You are at 14900 N Beck Rd, Plymouth, MI .	

** What is a Michigan Left?

In many areas of Detroit, the only way you can make a left turn is to make a Michigan Left. To do this, you get in the left lane, pass the street you want to turn left onto and you will do a U-turn at a light. Go back to the street you want to get onto and then turn right.

Total travel estimate: 157.9 miles | 2 hrs 34 min

For traffic information tune to WJR 760 AM radio.

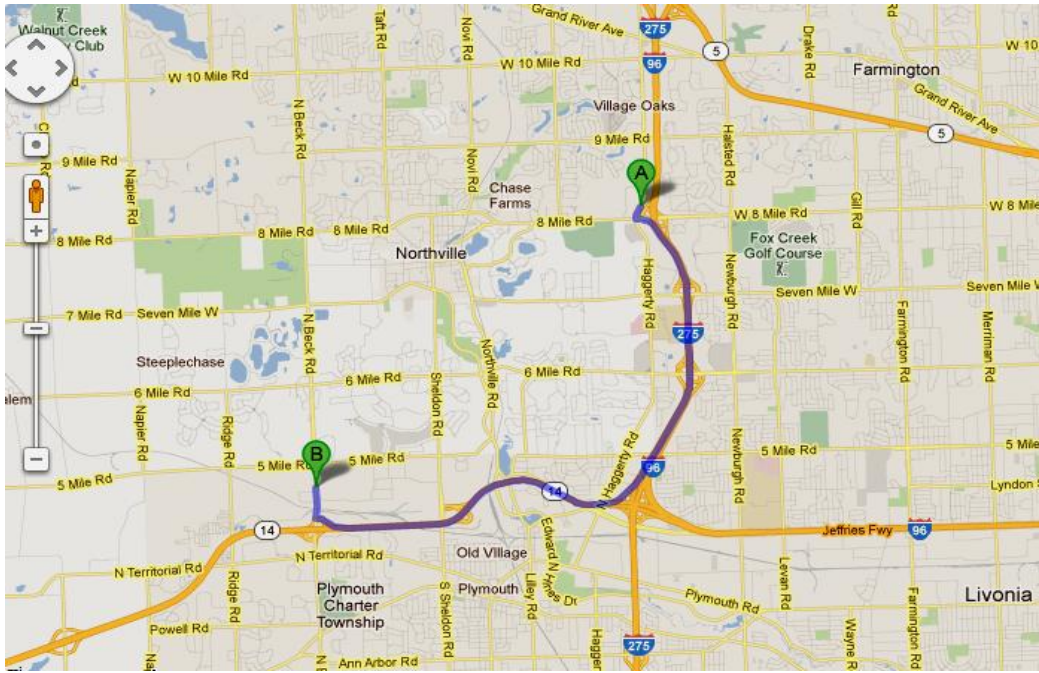
****** Please note that parking in neighboring buildings' parking lots for events is prohibited and may result in ticketing and or towing. ******



Directions from Hotel to Compuware Arena

Rink Information
 Compuware Arena
 14900 Beck Rd.
 Plymouth, MI 48170

Hotel Information
 Sheraton Detroit Novi
 21111 Haggerty Road
 Novi, MI 48375



You are at 21111 Haggerty Rd, Novi, MI

1.	Go South on Haggerty Rd	0.2 miles
2.	Turn left onto 8 Mile Rd	300 feet
3.	Take I-96 E (I-275 S) ramp on right	3.2 miles
4.	Continue onto I-275 S	0.4 miles
5.	Take M-14 (Ann Arbor) exit on right	3.8 miles
6.	Take Exit 18 (Beck Rd) on right	0.4 miles
7.	Turn right onto N Beck Rd	0.3 miles
8.	You are at 14900 N Beck Rd, Plymouth, MI	

Total travel estimate: 8.4 miles | 9 min



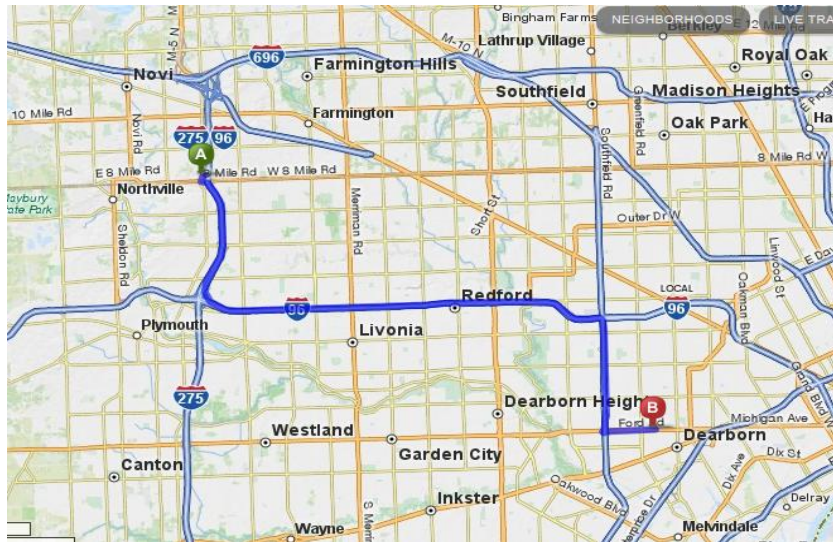
Directions from Hotel to Dearborn Ice Skating Center

Rink Information

Dearborn Ice Skating Center
 14900 Ford Rd.
 Dearborn, MI 48126

Hotel Information

Sheraton Detroit Novi
 21111 Haggerty Rd.
 Novi, MI 48375



You are at 21111 Haggerty Rd, Novi, MI 48375-5305

1.	Go South on Haggerty Rd	0.2 miles
2.	Turn left onto 8 Mile Rd	300 feet
3.	Take I-96 E (I-275 S) ramp on right	3.2 miles
4.	Take I-96 (Detroit) exit on left	9.9 miles
5.	Continue onto I-96 Local E	1.8 miles
6.	Take Exit 183 (M-39, Southfield Frwy) on right	0.2 miles
7.	Take M-39 S (Southfield Frwy) ramp on right	3.0 miles
8.	Take Exit 7 (M-153, Ford Rd) on right	700 feet
9.	Continue onto Southfield Frwy Frontage Rd	0.4 miles
10.	Take M-153 E (Ford Rd) ramp on right	0.2 miles
11.	Continue onto M-153 E (Ford Rd)	1.4 miles
12.	Turn sharply left onto M-153 W (Ford Rd)	500 feet
13.	Turn right onto Mead St	100 feet
14.	Turn right onto Ford Rd Frontage Rd	250 feet
15.	You are at 14900 Ford Rd, Dearborn, MI 48126-3043	

Total travel estimate: 20.6 miles | 24 min



Directions from Compuware Arena to N. Olmsted



You are at 14900 N Beck Rd, Plymouth, MI

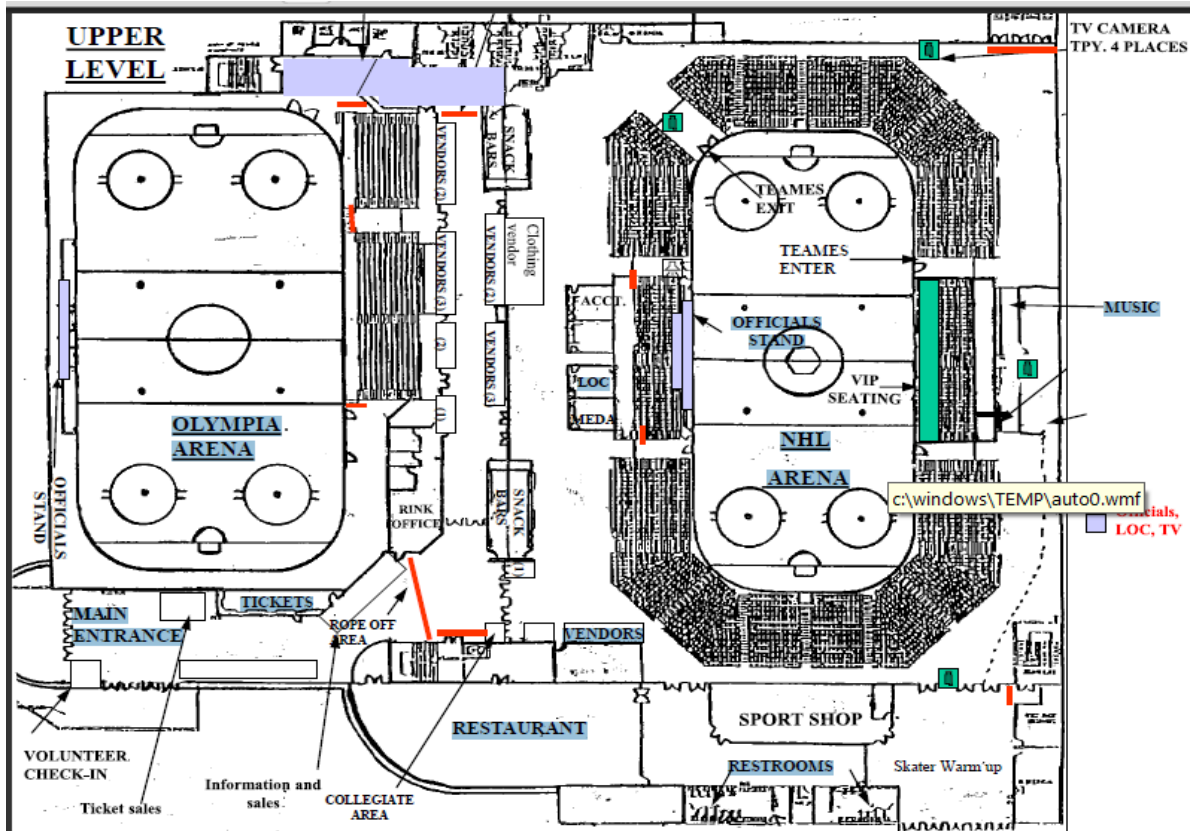
1.	Go South on N Beck Rd	0.5 miles
2.	Take M-14 E (Detroit) ramp on right	4.0 miles
3.	Take I-275 S (Toledo) exit on right	30.0 miles
4.	Continue onto I-75 S	20.0 miles
5.	Continue onto I-75 S	3.5 miles
6.	Take Exit 208 (I-280 S, East Tpk, Cleveland) on left	0.3 miles
7.	Take I-280 S ramp	12.3 miles
8.	Take Exit 1A (I-80, I-90, Ohio Tpk, Cleveland, Chicago) on right	400 feet
9.	Take I-80 E (I-90 E, Cleveland) ramp on right	79.6 miles
10.	Take Exit 151 (I-480 E, Cleveland) on right	5.9 miles
11.	Take Exit 6 (OH-252, Great Northern Blvd, North Olmsted) on right	0.3 miles
12.	Turn left onto OH-252 N (Great Northern Blvd)	0.6 miles
13.	Turn left onto OH-17 W (Brookpark Rd)	0.6 miles
14.	Turn right onto OH-10 (Lorain Rd)	0.2 miles
15.	You are at 26000 Lorain Rd, North Olmsted, OH	

Total travel estimate: 157.9 miles | 2 hrs 34 min

For traffic information tune to WJR 760 AM radio.

Have a Safe Trip!

Complex Diagram—Compuware Arena



******* Please note that parking in neighboring buildings' parking lots for events is prohibited and may result in ticketing and or towing. *******

A complex diagram is not available for Dearborn Ice Skating Center.



Practice Schedule(OFFICIAL)

**Thursday, January 26, 2012
Main Arena**

<u>NAME</u>	<u>DIVISION</u>	<u>DRESSING ROOM #</u>	<u>ENTER</u>	<u>PRACTICE TIME</u>	<u>EXIT</u>
CLEVELAND EDGES SC	INTERMEDIATE	1	12:05PM	12:30-12:40PM	12:55PM
CLEVELAND EDGES SC	PRE-JUVENILE	13	1:15PM	1:40-1:50PM	2:05PM
CLEVELAND EDGES SC	OPEN JUVENILE	12	7:55PM	8:20-8:30PM	8:45PM

**Friday, January 27, 2012
Main Arena**

<u>NAME</u>	<u>DIVISION</u>	<u>DRESSING ROOM #</u>	<u>ENTER</u>	<u>PRACTICE TIME</u>	<u>EXIT</u>
CLEVELAND EDGES SC	JUVENILE	7	8:55AM	9:20-9:30AM	9:45AM

**Friday, January 27, 2012
Rink B**

<u>NAME</u>	<u>DIVISION</u>	<u>DRESSING ROOM #</u>	<u>ENTER</u>	<u>PRACTICE TIME</u>	<u>EXIT</u>
CLEVELAND EDGES SC	OPEN ADULT	10	3:15PM	3:40-3:50PM	4:05PM

**GO WITH THE FLOW. BE FLEXIBLE.
ENJOY!**



Practice Schedule(UNOFFICIAL)

**Thursday, January 26, 2012
Dearborn Ice Skating Center**

Team	Report Time	Enter locker room	Enter Ice	Rink
Pre-Juvenile	8:10 AM	8:55 AM	9:15 AM	B
Intermediate	8:25 AM	9:10 AM	9:30 AM	B
Open Juvenile	8:40AM	9:25 AM	9:45 AM	A

**Friday, January 27, 2012
Dearborn Ice Skating Center**

Team	Report Time	Enter Locker Room	Enter Ice	Rink
Juvenile	6:30 AM	7:10 AM	7:30AM	A

**Friday, January 27, 2012
Compuware Main Arena**

Team	Report Time	Enter Locker Room	Enter Ice	Rink
Open Adult	8:30 PM	9:10 PM	9:30 PM	Compuware Arena



Team Schedules

Schedules will be provided to you from your Team Rep

Curfew

9:00 PM for all teams not practicing. For those that have off-ice, official or unofficial ice practices, curfew is set from when you arrive back to the hotel.

All skaters must be in their rooms at these times. The hotel has other guests that are not skating members, along with other teams. Remember we are there to compete, not party. Also, please be quiet in your rooms as well. The walls are thin and loud conversations and laughter can be heard several rooms away.

Off Ice

Off-ice will be done at the hotel and rink. Once the times are available, they will be given directly to your Team Rep. Please check in with them often for any updates.

Report Times

It is very important that your Team Rep is able to get in touch with you. In the past, competitions have had to make last minute adjustments to the schedule. If this happens, your competition start time may be affected. Please always check in with your Team Rep.

**GO WITH THE FLOW. BE FLEXIBLE.
ENJOY!**



Team Competition Times

All Skaters are to arrive at the rink in their travel outfits. All skaters will leave practice in their travel outfits. **If your team is not skating**, you can wear your red Edges t-shirt.

Please see your team manager for Hair and Make-up times and locations!

Friday, January 26

Team	Gather Time	Enter Locker Room	Competition
Pre-Juvenile	9:00 AM	9:56 am	10:13 AM
Open Juvenile	1:10 PM	2:07 PM	2:29 PM
Intermediate	4:45 PM	5:37 PM	6:02 PM

Saturday, January 27

Team	Gather Time	Enter Locker Room	Competition
Pre-Juvenile Final	? 6:15 AM ?	?	7:05 – 7:37 AM
Open-Juvenile Final	7:00 AM	?	8:03 – 9:20 AM
Open Adult	7:00 AM	10:08 AM	10:30 AM
Juvenile	1:00 PM	1:51 PM	2:16PM

End of day. Have a safe trip home.



MIDWESTERNS Competition Schedule

Friday, January 27, 2012 RINK B

PC PRELIMINARY (1)	7:05 AM
MID PRELIMINARY (11)	7:10 AM
PC PRE-JUVENILE (4)	8:21 AM
MID PRE-JUVENILE GROUP A (7)	9:01 AM
MID PRE-JUVENILE GROUP B (7)	9:54 AM
PC OPEN-JUVENILE (8)	10:49 AM
MID OPEN-JUVENILE GROUP A (12)	11:48 AM
MID OPEN-JUVENILE GROUP B (12)	1:25 PM
<i>AWARDS PRELIMINARY, PC PRE-JUVENILE AND PC OPEN JUVENILE</i>	2:44 PM

Saturday, January 28, 2012 RINK B

MID PRE-JUVENILE FINAL (8)	7:05 AM
MID OPEN-JUVENILE FINAL (12)	8:03 AM
<i>AWARDS MID PRE-JUVENILE</i>	9:25 AM
PC OPEN ADULT (1)	10:10 AM
MID OPEN ADULT (10)	10:15 AM
PC MASTERS ADULT (2)	11:23 AM
MID MASTERS ADULT (2)	11:38 AM
<i>AWARDS MID OPEN JUVENILE, OPEN ADULT AND MASTERS ADULT</i>	12:05 PM

(#)-Indicates number of teams in category

Friday, January 27, 2012 MAIN ARENA

PC NOVICE (2)	2:15 PM
MID NOVICE (8)	2:29 PM
PC INTERMEDIATE (6)	3:53 PM
MID INTERMEDIATE (19)	4:48 PM
PC JUNIOR SP (1)	7:37 PM
MID JUNIOR SP (4)	7:46 PM
<i>AWARDS NOVICE & INTERMEDIATE</i>	8:17 PM
MID SENIOR SP (3)	8:47 PM

Saturday, January 28, 2012 MAIN ARENA

PC JUVENILE (1)	12:35 PM
MID JUVENILE (14)	12:41 PM
MID COLLEGIATE (7)	2:21 PM
<i>AWARDS JUVENILE</i>	3:54 PM
PC ADULT (1)	4:39 PM
MID ADULT (8)	4:50 PM
MID OPEN COLLEGIATE (9)	6:09 PM
<i>AWARDS ADULT AND COLLEGIATE</i>	7:37 PM
MID JUNIOR FS (4)	8:22 PM
PC JUNIOR FS (1)	8:55 PM
MID SENIOR FS (3)	9:19 PM
<i>AWARDS OPEN COLLEGIATE, JUNIOR AND SENIOR</i>	9:58 PM



Edges Cheer

We are from Cleveland
Cleveland are we!
We never lose our sensibility!
RAH RAH RAH
We do our best
To cheer on the rest
We are the team from Cleveland!

Ta-hee, Ta-haw
Ta-hee-haw-haw
Cleveland, Cleveland
RAH RAH RAH

Ali, Ali like Us
Nobody's like us
We are the team from Cleveland

Always are winning
Always are Grinning
Always are feeling fine.

Hey, Cleveland
HEY WHAT?
Hey, Edges
HEY WHAT?
How do you feel?
Oh! Oh baby, baby, oh
Knock you out!

WOO!



Competition Etiquette

- Remain seated while **any** team is on the ice
- Cheer for everyone (extra loud for Edges)
- Refrain from clapping to the music – this will distract the skaters from hearing the music.

Trading Pins

Pins are available from your team appointed Pin Representative. The cost for Pins is \$3 each.

This is a fun tradition at the synchronized skating competitions. Members of various teams will request to trade pins with member of other clubs to add to their competition pin collection. Some people like to purchase a lanyard to wear around their neck as they trade and to keep their traded pins safe. Please be sure to mark your lanyard with your name so it can be returned to you in case it is lost.

Door Decorations

Decorating the doors of fellow team members has become an enjoyable tradition for the Cleveland Edges. About a week before the competition date, exchange names of team members to assign the door they are to decorate during the competition hotel stay. Some teams like to create fun questionnaires to fill out with their favorites of various categories. This helps to get to know your team mates and will give you ideas for door decorations. Each team should appoint a Door decoration chair that will coordinate the name exchange, as well as gather and disburse the room numbers once we get to the hotel. This will help relieve some of the stress of the team manager. Please be sure to give your room number to your Door Decoration chair when you receive your room key. He or she will also be your contact point to get room numbers.

A Few Rules:

1. Do not use anything on the door that can damage the door
 - a. Glue
 - b. Write with markers on the door, or on the paper while on the door as it might bleed through
 - c. Only use Scotch tape. Adhesive from other tape can damage a door's finish.
2. If there are 2 skaters sharing a room, please leave room for both sets of decorations.
3. Have FUN!!!
4. Be Creative!

One Call Now

Important messages are sent out to the club or by team using the Once Call Now service. You will receive a call from phone number 877-698-3261 or 866-321-4255. When you answer, it will start the pre-recorded message.

Here are the instructions for retrieving messages for the one call now system:

1. Dial 877-698-3261 or 866-321-4255 from any touch tone telephone.
2. At the greeting press 1 and then enter the phone number that One Call Now normally calls. Be sure to enter the number that you team manager gave to One Call Now.
3. If your message requires that you enter a touch-tone reply, press the appropriate key for your answer.
4. An alternate way to retrieve your messages is to visit the Cleveland Edges website and click on the One Call Now banner to hear the club's latest message.



COMPETITION GUIDELINES

- All Skaters must stay in the Team hotel the night before and during the competition.
- Skaters are required to sign in/out of the hotel on a sheet on the Team Manager's room door for non-scheduled team functions.
- Skaters are not permitted to swim until after the skater's last event.
- All Skaters must attend and skate the last home and competition practice ice sessions preceding the competition. **ANY SKATER WHO DOES NOT ATTEND THE PRACTICE ICE MAY NOT BE PERMITTED TO SKATE IN THE COMPETITION.**
- All Skaters are to comply with the curfew established by the Coach the night before the competition. This curfew time is to be established and communicated to the skaters before they leave the Practice Rink.
- Skaters are to arrive at Practice Ice in their PRACTICE UNIFORM on time and ready to skate.
- Skaters are to arrive at the Competition Rink in their Travel Uniform at the assigned time with all preparations made as directed by the Coach.
- Only Skaters, the Coach, and Team Managers (or Coach-designated parents, etc.) are permitted in the locker rooms.
- **Skaters must remain at the Competition Rink until dismissed by the coach.**
- Skaters must have all items on the Competition Checklist on hand (taped skates, extra laces; extra tights; deodorant; and make-up).

COMPETITION SUGGESTIONS

- Skaters should eat a good breakfast and avoid snacks high in sugar throughout the Competition. (
- Parking is limited at the rinks. Carpooling to and from the hotel is recommended.
- Ice rinks tend to be cold and the Competitions can be lengthy. Blankets to sit on and snacks for the family may be beneficial. The selection of food at the rink is usually limited to "snack" food.
- Try to arrive at the rink early, as seating is often limited. Early arrivers should try to find a section of seats where everyone can sit together to cheer the teams. This show of support is **critically** important to the skaters!!
- Souvenirs are usually sold at every Competition. The items sold by the host club range in price from \$5.00 for a pin to \$40.00 for a sweatshirt. Other vendors sell skating related items. The vendors usually accept checks and credit cards.

COMPETITION RULES

- CR-1 Each skater will be responsible for attending all competitions whether in town or out of town. It is recommended that at least one parent accompany their skater(s) to each competition.
- CR-2 All skaters shall remain at a competition until excused by the Coach or Team Manager.
- CR-3 All skaters will attend the practice ice (both on-ice and off-ice) at the assigned times. Entering the ice late will count as a tardy (the same as a regular practice). Skaters may also be pulled from the competition.
- CR-4 All skate boots, unless over-the-boot tights are worn, must be taped before entering the locker room at Competitions. If boots are taped or painted, the tape or paint should completely cover the entire boot. Original boot color should not be visible.
- CR-5 No jewelry will be worn by the skaters on the ice.
- CR-6 All skaters will have their make-up done by the Make-up Committee or their designee. Skaters will use the official team make-up. All skaters will have their hair done or approved by the Hair Committee or their designee.
- CR-7 Skaters will wear the official team uniform in the ice arena and on the bus or plane.
- CR-8 Skaters will be in their own rooms at curfew times.
- CR-9 There will be no swimming until the skater has completed the last competition event.
- CR-10 All items needed for competition, including skates and outfits must be carried on airplanes, when permitted.
- CR-11 All skaters will travel with the team to out of town competitions when team travel arrangements are used. Parents are welcome to travel with the skaters, but this is optional.
- CR-12 The coach has the option of pulling a skater from the competition if he or she does not adhere to competition rules.
- CR-13 Smoking by skaters is strongly discouraged.
- CR-14 There will be no smoking on team travel busses and team hotel (smoking in skater parent's own hotel room is acceptable).



Cleveland Edges Skating Club - Parents Code of Conduct

Codes of conduct give everyone a guide to what is expected of us if we are part of an organization, participating in a sport, or as spectators at our child's events. Maintaining harmony is vital in any team sport. Therefore parents and skaters are encouraged to contact their team manager or the Board Chair/Vice-Chair for conflict resolution. **Failure to adhere to the Code of Conduct may lead to disciplinary actions up to the removal of membership.**

Preamble: The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: respect, responsibility, fairness, caring, trustworthiness and good citizenship. The highest potential of sports is achieved when competition reflects these six pillars of character (Arizona Sports Summit Accord)

By signing below I hereby agree that:

1. I will encourage good sportsmanship by demonstrating positive support for all skaters, coaches and officials at every practice session, and competition.
2. I will place the emotional and physical well being of my child ahead of my personal desire to win.
3. I will encourage my child to skate in a safe and healthy environment.
4. I will inform my child's coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
5. I will ensure that my child is at practice and fully participates unless health issues preclude it.
6. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the results of a competitive event.
7. I will do my best to make skating fun and will remember that my child participates in sports for his / her own enjoyment and satisfaction not mine.
8. I will ask my child to treat other skaters, coaches, team representatives, fans and officials with respect, regardless of race, creed, color, sexual orientation or ability.
9. I will encourage my child (and myself) to support the coach's decision as to skating position with the team.
10. I will accept the decision of the coach or board should they determine a closed practice session.
11. I will applaud a good effort in both victory and defeat emphasizing the positive accomplishments and learning from the mistakes.
12. I will teach my child to resolve conflicts without resorting to hostility or violence.
13. I will be a positive role model for my child and other skaters.
14. I will not disrespect (and encourage my child to do the same) the decision of the coach should my child be designated as an alternate at any time during the season.
15. I will demand a skating environment for my child that is free of drug or alcohol use and agree that I will not use or provide a third party any drug prescribed by applicable federal, state or municipal law.
16. I will not assist or condone any competing athlete's use of a drug banned by the International Olympic Committee, International Skating Union, United States Olympic Committee or U.S Figure Skating or in case of athletes to use such drugs or refuse to submit to properly conducted drug tests administered by one of these organizations.
17. I will not provide alcohol or condone the use of alcohol by minors, abuse alcohol in the presence of the athletes, members or at U.S Figure skating activities or, in the case of athletes, consume alcoholic beverages while a minor.
18. I respect my child's coach and refrain from coaching my child or others skaters during competitions and practices because it may conflict with the coach's plans or strategies.
19. I will refrain from criticizing the Cleveland Edges Skating Club, and it's officers, coaches, Synchronized Skating Teams, member's and member's family in public forums.
20. I will respect the decisions of officials and their authority during competitions and teach my child to do likewise.
21. I will show appreciation and recognize the importance of volunteers and club officials.
22. I will study the rules of the USFS and teach my child accordingly so that we have an understanding and appreciation of the rules of competition and membership.



Club Expectations of the CESC Skater – The Skater’s Code of Conduct

CESC has very specific expectations of team skaters, and assume that skaters will work diligently to meet those expectations. The following are general requirements for all team members. Additionally, each team coach and/or team manager may have additional expectations and requirements for their specific teams. Parents should go over the following requirements with their skaters so that all involved know what to expect. Skaters will be held accountable to all expectations, those provided here, and those added by team coaches, managers, and other team-associated personnel. Perhaps most important than any of the other expectations outlined here, the Club expects that all skaters and parents will display good sportsmanship behavior. This includes being respectful to all teammates, club skaters, parents, coaches, and officials.

General Team Practice Etiquette and Tips

- Skaters are expected to be on time for each team practice session. Practices start exactly when scheduled. Ice time is expensive and therefore coaches waste no time waiting for late skaters. Skaters should also build in time to stretch, warm up and put skates on prior to getting on the ice. Parents can help with this!
- Once practice begins no one is to leave the ice, so skaters should be prepared with :
 - Plastic water bottle
 - Inhalers, take all necessary medications prior to practice if possible
 - Restroom, use before practice
- Mandatory ice skating attire tights are required for team practice. No gloves or mittens at team practices.
- Hair should be worn back in a ponytail for all practices.
- For off-ice practices (off-ice practice is a time for teams to focus on specific elements to the program defined by the coaching staff), gym shoes are required. Approved attire is required.
- Skaters should focus on the coaches and practicing. No talking or visiting during the practice..
- Good sportsmanship (behavior and attitude) – at all times skaters are expected to conduct themselves in a mature, positive and supportive way of all team members.
- Cyber-bullying, the use of information and communication technologies to support deliberate, repeated, and hostile behavior by an individual or group, that is intended to harm others, is strictly prohibited.

Attendance

- Attendance is mandatory & tardiness will not be permitted. As ice time is limited and expensive, disciplinary action will result from absence or tardiness. Skaters must attend all scheduled team practices, on and off the ice, unless special approval has been given by the team coach in advance.
- Skaters are expected to participate in all scheduled team competitions, exhibitions, clinics and meetings.
- If a special practice is called, every effort should be made to attend.
- An absence from a scheduled practice during the two weeks prior to an exhibition or competition may result in the skater not participating in the event.
-

Development of Individual Skills

- Securing a US Figure Skating approved coach for private lessons is strongly recommended. This coach will help the skater to develop individual skills, as well as help the parent negotiate the skating levels, terminology and testing process.
- USFS continues to pursue the development of skill and test levels that will serve as criteria for placement on the different levels of synchronized teams, making the continued development of individual skills a priority for team skaters.

Team Competitions

- Coaches will provide each team with an itinerary for the competition weekend. This schedule is to be followed and the activities outlined are all mandatory for team members.



- It is expected that all skaters and parents display good sportsmanship behavior. This includes being respectful to all teammates, skaters, parents, coaches, officials and other patrons.
- Especially at competitions (hotel, rink, restaurant, etc.) no skater should behave in such a way that brings attention to him/herself in any way while in the hotel and at the rink. It is never appropriate to say anything negative about other clubs, teams, coaches, staff or judges.